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SYLVIA'S SLANT

We are somewhere in Manitoba. I'm not quite sure where, because I spilled a blob of mustard on the map when we had to come to a sudden stop to let a large strange looking animal continue his or her sedate stroll down the middle of the road. We stayed at a small town recently and read an old newspaper write-up about their Junior and Senior Prom. Seems the Juniors put on a Prom for the Seniors. Sounds like Old Age Security doesn't it? The pictures were lovely, but the younger students looked very self-conscious. This was obviously their first bold venture into style and elegance. However, it was nice to see so many young people putting on the dog for this special occasion. Most of them came from the surrounding farms. Their houses don't differ too much from ours out in the country. By that I mean, no-one uses the front door. There are steps, but no path or driveway leading to the steps.

I'm sure if you went to the front door they wouldn't be able to open it. They'd probably yell through the cracks, or the transom, "Go round the back" or the side as the case may be.

The people are very friendly, and the conversation is

cont'd on pg. 8

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John Cleary M.P.P. Reports



Workers' Compensation Reform

On June 20, 1988, Ontario Labour Minister Gregory Sorbara introduced amendments to the Worker's Compensation Act. These amendments provide for fairer and more comprehensive benefits to workers suffering permanent disability as a result of injury or illness at work and for greater vocational rehabiliation opportunities for those workers. The amendments will also place an obligation on employers to re-hire injured workers when they are capable of returning to work.

SUMMARY OF THE REFORM

-provides compensation to injured workers based on their lost earning capacity resulting from permanent disabilities caused by on-the-job injury or illness;
-explicitly recognizes non-economic losses, such as the effect on lifestyle, associated with permanent injuries;
-increases the level of earnings that the workers' compensation system covers;
-ensures that injured workers receive early access to rehabilitation assessment and the appropriate services;
-provides injured workers with the opportunity to be reinstated in their jobs;
-maintains post-injury relationships between employers and employees by requiring employers to continue their contributions to workers' health insurance, life insurance and pension plan for up to one year after injury;
-compensates permanently-disabled workers for loses in capacity to save for retirement;
-protects indexed lifetime pensions for the 116,000 people who now receive compensation for permanent partial disability and provides supplementary compensation to

cont'd on pg. 11

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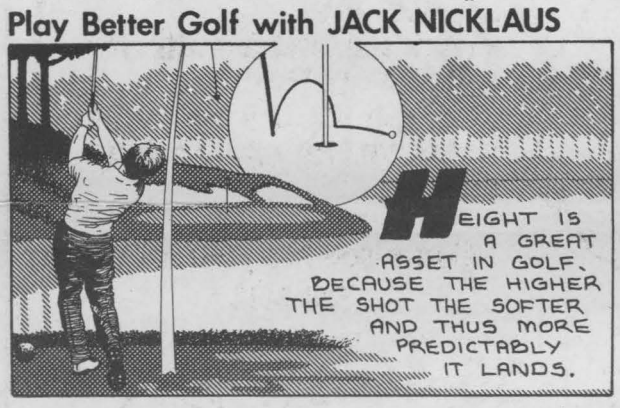



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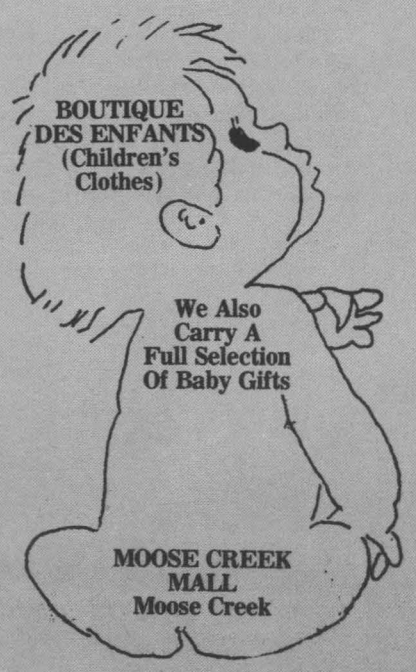

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living Styles



Dr. Ruth Westheimer

Ask Dr. Ruth

Q. I decided to try to resume an old relationship from years back, and the lady was agreeable but said I had to take the AIDS-virus antigen test. As there was not the slightest chance of my having been exposed, or practically none, as I am 67 and have been all but celibate since 1977, I felt the cost and inconvenience would be ridiculous. All that was needed was to put her mind at rest.

So I photocopied my doctor's letterhead and faked a letter stating that I had passed the test. The fake looked good to me, as I [illegible] commercial artist.

Then I relented, tore up the fake letter and had the test. This is worth mentioning in your column, because it shows how easily a clean bill can be faked. Anyone taking up with a new partner, or resuming with an old one, should go with him or her to a doctor and get reassurance for both of them.

A. And follow the doctor's orders about practicing non-transmitting sex for the period between the two sets of tests. Thanks for your letter. I mean, of course, the one to me, which, like all others, I take to be genuine.

Q. I am 49 years old with a 62-year-old boyfriend. We have sex every day, and I have been wondering. Is such frequent sex harmful to a man?

A. Women readers around the country are laughing with a slightly bitter edge and saying "You should live so long, and never have a problem worse than that." All I can say is, if you hear no complaint from your boyfriend, it is doing him no harm to have sex every day and you are lucky to have him.

The only difficulty would be if either one of you should feel fatigue or pressure to keep up this daily pleasure. If this ever comes to pass, have in mind that less often can still be very enjoyable, and that if one partner wants to take it easy sometimes and just give pleasure to the other, that should be considered a pleasant alternative.

It happens now and then that it is the woman who wants sex less frequently than the man. The reasons for this vary. Some people think less often is better, more anticipation and less routine making it so. And a woman may express this by saying she worries that her lover is overdoing it. A 62-year-old man may very well find daily sex well within his capacity, a 30-year-old may find it too frequent, and neither one has to be an oddity.

But if you yourself would prefer less frequent sex, do discuss it lovingly with your friend. Suggest that sometimes you would like just to give him pleasure — that would be a special pleasure for you.

I would also say that sometimes you would like to have a sex-free interlude of a day or two. Your own special cycles of sexual desire run that way. You like to think about having sex with him for a longer period between actual encounters. You like longer periods of placid companionship with him. This runs a risk of his not liking the idea at all, but the sex in this relationship has to take your feelings into account, too — if you begin to resent the daily bout of sex you will start thinking of ways to avoid sex and even to avoid him. Lovers have to have agreements about sex.

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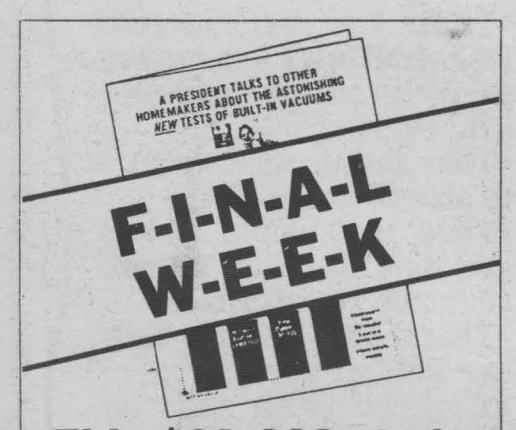

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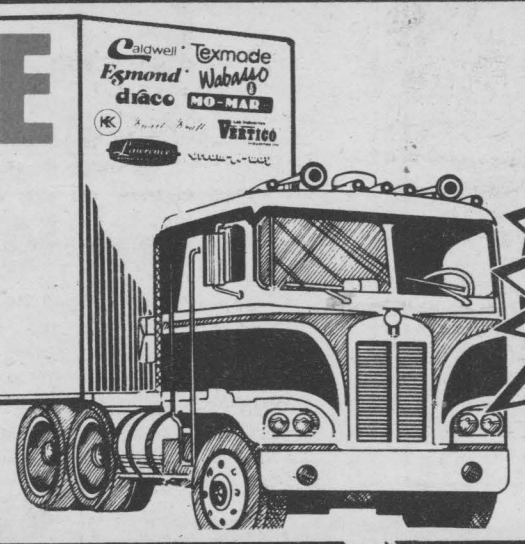

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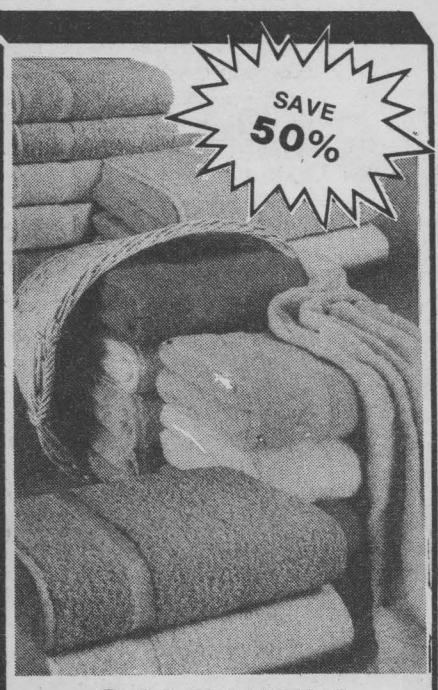

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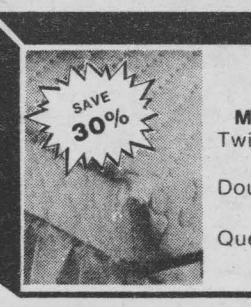

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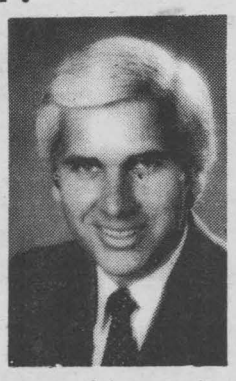

Federal tax reforms will make your pay cheques larger this month.

Beginning July 1st personal income tax reforms will be reflected in lower payroll tax deductions for 85 per cent of Canadians. The rate of income tax overall and the rate of tax on each additional dollar of income will both be lower.

This means that a married taxpayer earning $25,000 with a family of four, will see his or her take home pay increase $10 to $14 per week.

The new structure includes three federal tax brackets instead of the ten under the old system. This will make the tax system easier to understand. The new rates are: 17 per cent on taxable income under $27,500; 26 per cent on taxable income from $27,501 to $55,000; and 29 per cent on taxable over $55,000.

Exemptions such as the basic personal exemption, age exemption, married exemption and exemption for dependent children are now replaced by tax credits.

Credits are easier to understand and will benefit low and middle-income earners more than the exemptions they replace.

Under the old system these exemptions were deducted from net income in order to determine taxable income. Under the new system, as credits, they are deducted from federal taxes payable. These tax credits are non-refundable which means if your taxable income is zero, unused portions of these new tax credits cannot be used to create a refund.

To ensure the smooth transition to the new lower tax rates, all employer have been asked to ensure that their employees complete a form entitled the "Personal Tax Credit Return" (TDI). This forms reflects the conversion of personal exemptions and some deductions to tax credits.

The new credits are calculated from the claim amounts shown on the TDI. For example, all Canadians will be eligible to claim a basic personal credit fo $1,020 when filing their 1988 tax return. This amount is equal to 17 per cent of the $6,000 claim amount shown on the TD1.

cont'd on pg. 22

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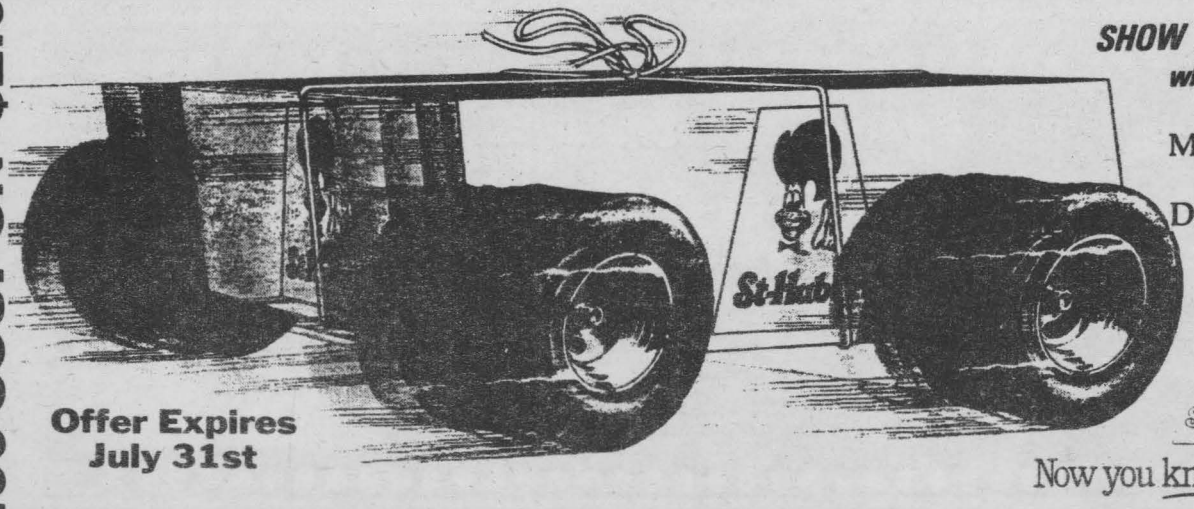

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Pineapple Chicken Wings

1 lb. chicken wings
1 clove garlic crushed
4 tbsp. soya sauce
1/2 cup white vinegar
1 tsp. black pepper corns
1 can pineapple chunks
1 can tomatoes quartered
1 bay leaf

Method:

-Place chicken wings in a pan. Add vinegar, garlic, peppercorns, soya sauce and water.
-Cover pan and cook slowly until chicken wings are tender and the broth is somewhat thick.
-Add pineapple chunks, tomatoes and bay leaf. Cover and simmer for 10 minutes.

Sandra Massia
Mr. Poppins Restaurant.

ON SALE TODAY By Carol Sherman



"Wait. Let me help you with that!"



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cont'd from pg. 1

often about the weather. You can understand why, because their livelihood depends on the land. Nature can deliver some very cruel blows like droughts, dust storms or floods.

One old gentleman had a pile of travel brochures about the Hawaiian Islands. When I asked him if he was going, he said "No". It seems he thinks of it as Paradise.

Always good farming weather, all year round - what would he have to talk about. Also having looked at all the beautiful pictures, and read all the brochures and listened to his old Hawaiian records from the forties, it was a life-time dream.

Then he said supposing he went and didn't like it. Maybe there woiuld be a tidal wave or he would get sick or break a bone. Well, there would go his life-time dream, and he was too old to start dreaming all over again.

I left him, still going through all the latest travelogues, his dream of Paradise intact, and keeping an eye on the weather.

A dear old gentleman, who one day really will be in Paradise. I hope for him that it's just like Hawaii.

I just scraped the dried mustard off the map and we are nearing a place named Griswold, and the large strange animal on the road was an Elk.

It's strange being in Northern Alberta. I'm visiting my son, his beautiful wife and the gorgeous grandchildren. My son has written to us about this wonderful Province, but never told us about aspects that we find amazing, and they take for granted.

First the daylight, at this time of year. As I sit here writing it is daylight and 11:30 at night. I can't do this outdoors because the mosquitos here are related to 747's. They have to be the biggest and most prolific of any, anywhere. Put a bunch of these babies together and you would have an airline, or a secret weapon.

Another strange phenomenon is the way people move their homes. It's a common sight to see homes on flat bed trucks going down the road. There is so much land that people up and move their homes to summer locations, and then back to winter locations. We in the East thought it was a very special event when homes were moved due to the Seaway project. Heck! they do it on a regular basis here in Northern Alberta. Many people live in large luxurious mobile homes. They move these homes around according to the seasons. Lots of sun in one location, and out of the cold winds in another.

We visited people who lived in a beautiful spot that I thought was a lakeshore. What I saw as a lake, they told me was a sluice (pronounced sloos). We went to see the swans. These are not ordinary swans, they are very large Trumpeter Swans. It's hard to describe how beautiful they are. We watched these spectacular birds, while the people moved their huge mobile homes around, to its summer location. In October they will rotate their home back again. They will swim, go boating and wind surfing in or on their sluice in the summer, with their large picture windows facing a certain way. Then in the winter they will enjoy skating, skimobiling and ice boat while their home faces in a different direction. Home rotation is something so common a practise that no-one bothers to tell you about it. There's no place like home in Northern Alberta, whether it's 40 degrees below zero or 35 degrees above, as long as the home is facing in the right direction.

Sylvia Hall

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7/24

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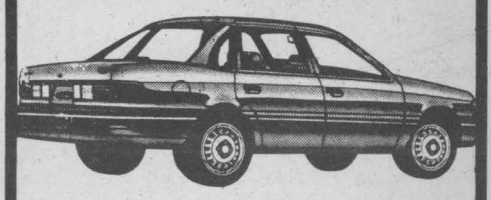

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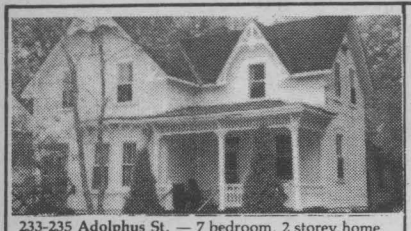

233-235 Adolphus St. — 7 bedroom, 2 storey home, 2-3 pc. baths, large lot, single garage. This home has character and lots of potential for the inventive home buyer. **Asking $69,900. Excl.**

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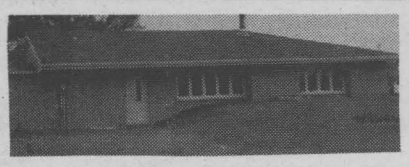

Williamstown Area — unique 1900+ sq.ft., one level 3 bedroom, energy efficient bungalow, open concept living area. Call to view this new living style home nestled on 6 wooded acres. **Asking $135,000.**

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Attention Retired Couples! — 350 Ninth St. W., 3 bedroom bungalow, close to all amenities. Cosy kitchen - a must to see! All for only $66,900

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Williamstown Area — beautifully restored country home with 3 bedrooms, double living room, country kitchen with original fireplace, dining room, private library, very attractive setting on 35 acres. **$165,000 MLS.**

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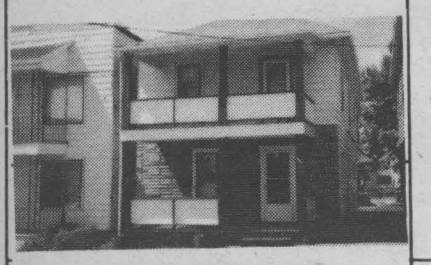

118 Guy St., Cornwall (3692) — Tired of being a tenant? Become a landlord and let your tenant pay for your mortgage. Duplex in very good condition. 3 plus 2 bedrooms. Listed at $67,500.00.

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Maintenance Free — 2+2 bedroom bungalow. Super treed lot. Detached garage. Ideal starter home. **Priced at only $72,900 Excl.**

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49 Hickory St., Ingleside (7141) — Owner Transferred. An immaculate 3 plus 1 bedroom, raised bungalow on lovely treed lot. This home is very tastefully decorated and includes finished rec room with woodstove, 2 bathrooms. large deck off kitchen, dishwasher and much more.

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1507 Catherine Street — visit this lovely elevated 3 bedroom bungalow, with ground family room with a brick fireplace and patio doors leading to a screened sun porch, 2 baths and double garage. Situated on a nice lot in an excellent neighbourhood. Available immediately. **Asking $139,900 MLS.**

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In Lancaster Village — there's an excellent 3+1 bedroom family home with fully finished basement, fireplace in the living room and patio doors from the dining area to an above ground pool. This recently listed home is situated on a double lot on Pine Street. **It's priced to sell $107,500 MLS.**

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New Construction — (perspective) on Branch Avenue, 3 bedroom semi-detached units in new residential area, June occupancy, paved driveways. **Starting from $72,990.**

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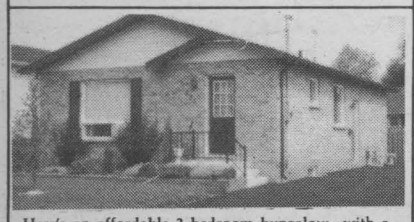

Here's an affordable 3 bedroom bungalow with a partly finished basement situated on a tastefully landscaped and fenced lot in the Eamer's Corners area. **Asking only $87,900.**

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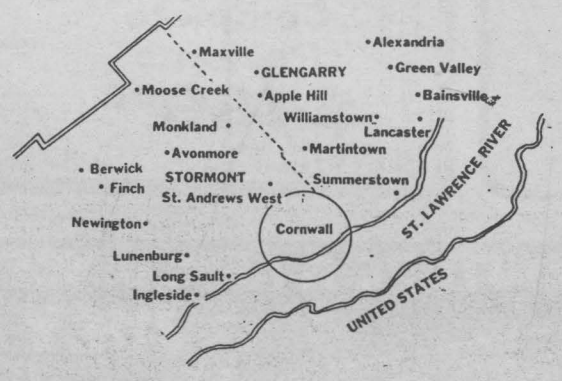
REACH ALL YOUR PROSPECTS



SEAWAY SHOPPING LTD. NEWS
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New Construction — 3 bedroom elevated bungalow situated on a large lot, oak kitchen cupboards, over 1200 sq.ft., finished rec room with fireplace, patio doors to deck and much more. Still time to choose your colours, **asking $94,900. Excl.**

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Long Sault Village, 23 MilleRoches Road — renovated 3 bedroom home features new 200 amp. electric, new drywall, restored hardwood floors. Main floor family room with fireplace. Detached garage and separate work shop.

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335 Belmont, Cornwall (3732) — Starter Home! Tired of being pressured by apartment restrictions? Here's a two storey, 3 bedroom house in good condition for only $59,900.00 MLS.

Century 21. ALGUIRE & BROWNELL REAL ESTATE LTD. (613)933-5154

PRIVATE SALE



1126 RITA ST. — quiet area. 3 bedroom bungalow. Newly renovated. D.F. crank windows. Large kitchen. Finished rec. room with bar, laundry room, work shop. Venmar. Well insulated. Fenced in back yard. Very clean. **Asking $78,500. By appointment only. NO AGENTS. Call after 4 pm 933-9344.**

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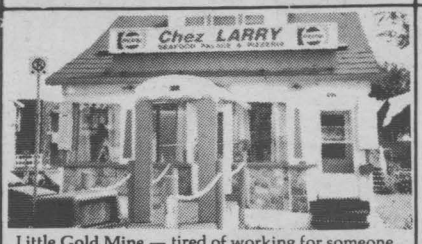

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HOME WORKSHOP FILE

BUILDING A DECK PART IV INSTALLING THE DECK

By Larry Eisinger

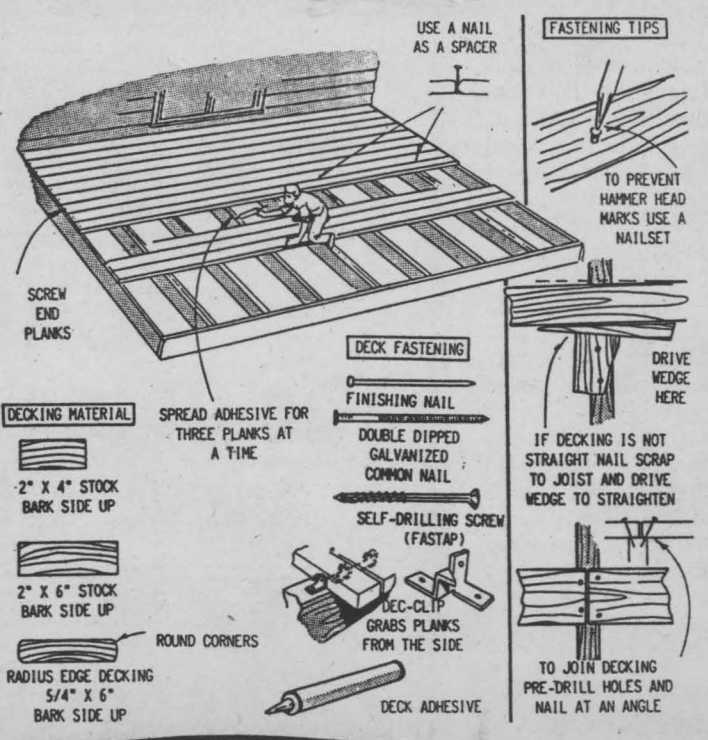
The quality of your deck construction will be reflected by the decking material you use and how carefully each piece was attached to the joints. Most decks use two-inch-thick lumber in either four or six inch widths that is pressure treated to at least a 0.25 level but gaining wide acceptance is Radius Edge Decking that measures five-quarters-thick by 6 inches wide. The two most popular grades are Premium and Select. This decking is popular because the edges are rounded, presenting a good appearance and minimizing splintering. Cost is about the same as two-inch stock. Still another decking choice is redwood and cedar both of which are relatively soft and easy to work but more expensive than pressure treated pine or fir. Cedar and redwood have natural toxins that repel rot and termites.

The lumber you choose should be flat, with a minimum number of knots. Ideally each piece should be as long as the deck is wide to avoid joining. But if you must join planks, stagger them and pre-drill the end nail holes or ele use self-drilling screws.

If you are decking with 2x4 inch stock a single 12-penny nail driven into each joist will suffice; if you are using 2x6 inch lumber use two nails per joist. And never drive the nails home; use a nail set to drive the head just slightly below the surface.

''Nail popping''--the nail head slowly rising above the surface in the course of a few years is quite common and promotes additional splintering of the wood and, in some instances, can be quite dangerous. One way to eliminate this condition is to attach your decking with the side clips illustrated or--our preference--deck construction adhesive in conjunction with galvanized finishing nails. A few manufacturers now make this type of adhesive. Spread a bead of adhesive sets, drive two 8-penny finishing (hot dipped galvanized) nails every other joist. Also countersink the nail heads. As a spacer you can use a nail. Since some of your lumber will be bowed, use the wedge technique as illustrated to straighten it out and maintain a constant space between each board. Admittedly, the adhesive technique is more time consuming than using regular common nails but in years to come you will reap the rewards because you will end up with a more attractive deck surface with fewer splinters!

As a reader service, Larry Eisinger has published two HARDCOVER books (No. 101) CARPENTRY AND WOODWORKING and (No.102 PLUMBING AND HEATING. With hundreds of photos and drawings, they will help you with everyday techniques. If you are not completely satisfied, your money will be refunded! The cost of either book is $3.95, plus 70 cents shipping. Send a cheque or money order for $4.65, payable to Eisinger Communications, Inc., to HOME WORKSHOP, care of your newspaper, Box 158, Staten Island, N.Y. 10314. Also available at a cost of $3.00 is an 8-page illustrated brochure on HOME TELEPHONE INSTALLATION TIPS.



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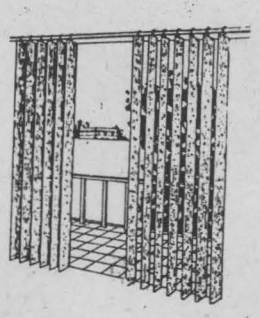

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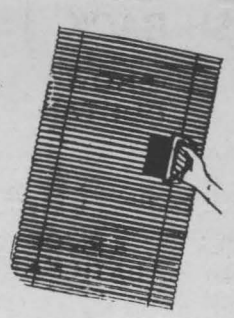

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cont'd from pg. 2

those whose pensions fall short of their lost earning capacity.

ON THE LOCAL SCENE

—Last week, the Honourable John Sweeney, Ontario Minister of Community and Social Services attended the official opening of the S.D.& G. Developmental Services Centre. MPP Gilles Morin, Parliamentary Assistant was also present at the ceremony. The centre is unique in that it is the first in Ontario to provide full services in both English and French. My assistant, Lorraine Lauber, represented me as I was in Lindsay, Ontario with the County Government Committee.

—The Cornwall Branch of the Canadian Red Cross Society held its official opening recently. My assistant, Lorraine Lauber, presented a Flag of Ontario to Vince Redmond, President of the Board. Congratulations to Kathleen Ross, on her distinguished service award.

—On June 24th, I was pleased to join the Royal Canadian Legion Branch 297 in a Flag Raising Ceremony at City Hall, and also on the Pitt Street Mall. This event was undertaken to invoke in our population a greater awareness of our National Anthem and Flag.

—That evening, I was pleased to attend a dinner honouring T.R. Leger. This evening marked the retirement of T.R. Leger as Director of Education for the S.D. & G. County Board of Education.

—Saturday, I presented a plaque on behalf of the Government of Ontario to Donald and Lillian Eamer, on the occasion of their 50th Wedding Anniversary. It is my hope that they will enjoy the years to come in good health and happiness.

—Also on Saturday, I was pleased to participate in the Canadian Week Opening Ceremonies at Lamoureux Park. I also attended the 25th Anniversary of Priesthood of Father Francis Larkin.

—The Honourable Gerry Phillips, Minister of Citizenship, and I, were pleased to attend the 6th Annual Multicultural Festival on June 26th. Congratulations to the organizers and participants for a spectacular showcase.

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BEAUTY AND THE BEACH

This summer's beauty buzz words for good grooming at the beach include muscle toning; hair and skin revitalization; skin, eye and hair protection; plus another subject that up until now has caused a lot of anguish — removal of hair from arms and legs.

Within the past six months, a revolutionary new product called Epilady has been making hair removal news.

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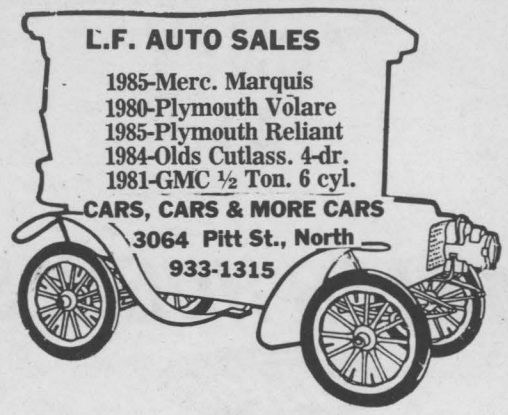

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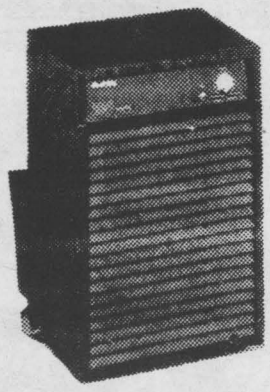

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SINGLE, INDEPENDENT FEMALE (55), would like to meet a sincere honest & emotionally unattached working male (57-60) for quiet evenings. Like country & western music, dining & dancing. CC 472.

AFFECTIONATE, SINCERE, GENTLEMAN, non-smoker, non-drinker, financially independent, would like to meet quiet practical lady in 30's to mid 40's with old fashion values, who enjoys a country life style, gardening, fishing, music, exercise, travelling & spending winters in the sun. Reply to CC 473.

MALE 25, 5'10", 155 lbs., brown hair, brown eyes, looking for female, 18-30, non-smoker. I am honest, sincere and loyal. I am a non-smoker, shy type, with sense of humour. I enjoy movies, art, cats & dogs. Please include a fairly recent photo and summary of your character,likes and dislikes, etc. If interested reply to CC 474.

MALE, 28' 6', considered attractive w/sense of humour. Enjoys outdoors, country life & quiet evenings. Seeking slim, attractive woman (25-35) for permanent relationship. All replies confidential. CC 470.

SINGLE GENTLEMAN, 40, no dependents. Wishing to meet professional female (30-40), for lasting romance. Photo appreciated. Serious replies only. CC 469.



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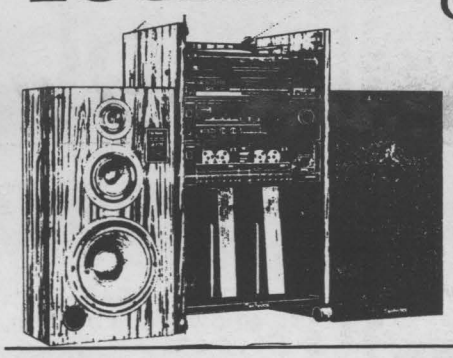
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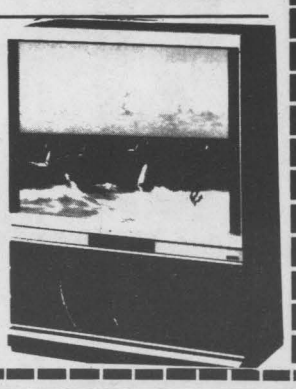

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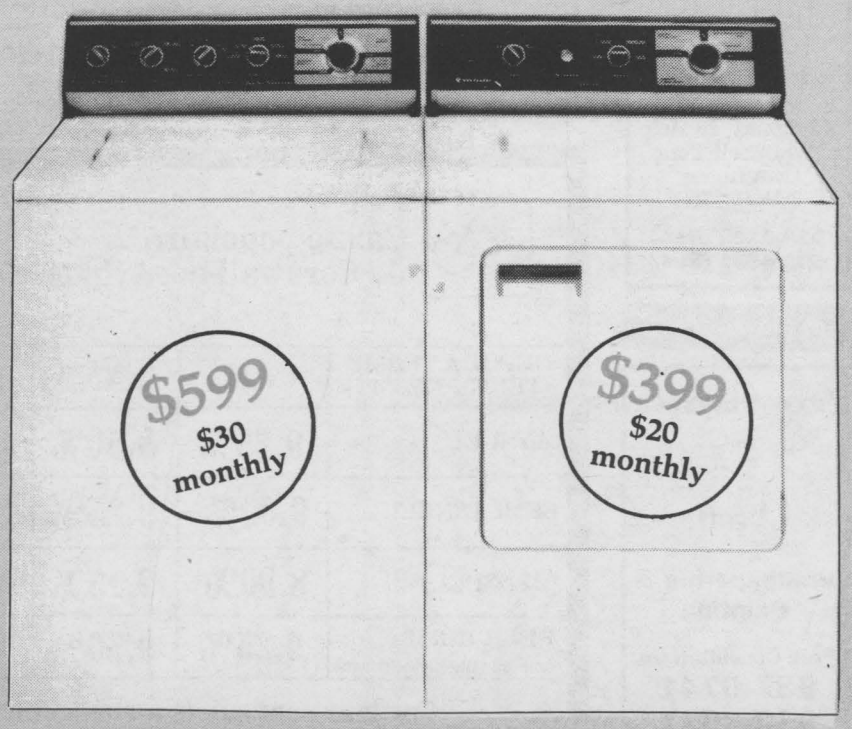

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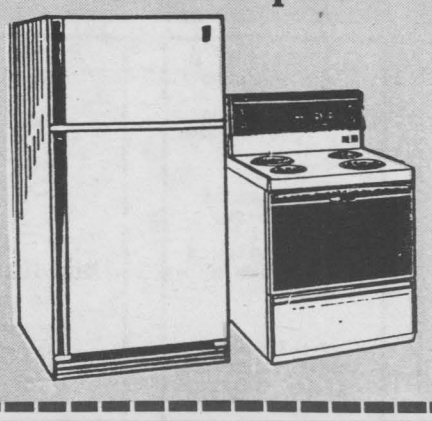

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Danielle Harding

Mr. Richard Shaver, Vice-President and General Manager of Seaway Shopping News Ltd., is pleased to announce the appointment of Danielle Harding to the position of marketing representative. Danielle, a local resident, brings with her years of experience in the advertising and sales field and joins our established and professional sales team.

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CANADIAN BUSINESS

Forecasters are more daring on our growth prospects

By Jack McArthur

Canada looks as lively as ever.

Don't be misled by the background music of sad songs about everything from high interest rates to freer trade. There's always something to worry about but it's never as ruinous as the chief worriers maintain.

When it comes to actually calling the shots on our economic vitality, the latest judgments of 1988 are much more hopeful than those of five months ago, when memories of the stock market crash were fresh.

Ten recent forecasts give us an average of 3.4 per cent for real national growth from '87.

That's a big change for the better in a short time — an increase in expectations of about one-third, or an extra $3.4 billion, since the beginning of the year.

But, as Satchel Paige said: "Don't look back. Some one may be gaining."

Despite the predictions of improved speed for Canada, it's now felt less likely to win the growth sweepstakes once again.

Forecasts for some other nations have risen even more. Japan now is widely expected to beat Canada this year and Britain may. A few unrestrained optimists even say the U.S. just might match our pace for the first time since '84.

The big difficulty with all this is that the race is being run in a particularly thick fog of doubt about how it will go.

That's why there's not much use looking at forecasts more than a few weeks old. Opinions change constantly as new, if still uncertain, signs appear. The expert who hasn't made big revisions is suspected of not paying attention.

The 10 new forecasts in my off-the-cuff survey produce growth figures for '88 ranging from a low of 3 per cent to a high of 3.9.

This is amazing for two reasons.

☐ At the turn of the year, almost no one dared go as high as 3 per cent. Only three in a survey of more than 20 did so, with no one venturing above 3.2.

☐ With great uncertainty being freely admitted, along with a comparatively high risk of recession, wouldn't you expect an unusually wide range of predictions?

Instead, it's quite narrow. Possibly, the experts are huddling together defensively on the middle ground. There's a risk of looking very foolish for any one plumping for a recession-like 1.5 per cent or a zooming 4.5. Why not split the difference?

As you might suspect, the latest returns from the U.S. also show many revisions higher.

The 2 per cent number once common has grown to 2.5, even to 3 or more among the most optimistic.

Data Resources says it's "really surprised" at the American muscle and raises its call to 3.2. McLeod Young Weir reads the signs as saying there'll be no recession this year or next and puts U.S. growth at 3 per cent this year and 2 per cent in '89.

In contrast with the sharply improved forecasts for Canada in '88, most views of '89 have changed only slightly for the better. They tend to put growth at around 2.5 per cent. That's about one-third of a percentage point higher since this year began but would still be the lowest since '82.

Predictions for next year are largely irrelevant except as a rough judgment that the roof probably won't fall in.

Precise figures lose credibility because of the difficulties in estimating the course and timing of the big economy-influencing factors. They're provided because they must be — what else is a forecaster to do? — but with warnings of recounts to come.

Interestingly, business executives appear to have added even more optimism than economists this year.

If you could total and average their expectations, our growth surely would hit a (presumably impossible) 5 per cent.

There are some alarmists. A few resource company bosses say a high dollar and high interest rates could be so tough on their industries that the whole economy may go flat.

And a few investment specialists say, along with Chris Ondaatje of Pagurian Corp., that "I'd rather be in cash now than anything else."

Then, when the recession comes, they'll have ready money to buy assets at lower prices.

Besides, cash isn't cash. It earns those high interest rates while it waits.

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THE GERMAN COCKROACH



What does it look like? Blattella germanica (L.) is The Latin Name. This insect is about ½ inch long. It is brownish in color. There are two dark black stripes just behind the head. The stripes run up and down in the same direction as the length of the body. See photo.

Where is it found? German cockroaches are commonly found in kitchens and bathrooms wherever man lives. The insects like moisture and warm temperatures (about 80° F.). They hide in cracks and crevices during the day and come out at night to feed. Look for these pests behind sinks, in cartons, and especially in hard-to-reach places not accessible to man. Recently, these insects have taken a fancy to electrical appliances and are often found in radios, clocks or electric motors. It takes a dilligent eye and some good common sense to find these hiding places. The young roaches, called nymphs, are found wherever adults live.

What does it eat? It eats almost anything. These insects are known to eat starches, sweets, protein, paper, etc. Damage to toilet paper or cartons is not uncommon. Its appetite is quite good and usually feeds every evening. Dog food, lettuce, are not out of reach for these varmits. The young roaches eat the same thing as the adults. Both adults and nymphs find their food by random search.

How many eggs does it lay? The female cockroach produces an egg capsule, inside of which can be found 20 to 40 plus eggs. The female carries this capsule for about one month. She then drops the capsule any place she happens to be. Almost all of the eggs hatch and young nymphs quickly leave the egg capsule.

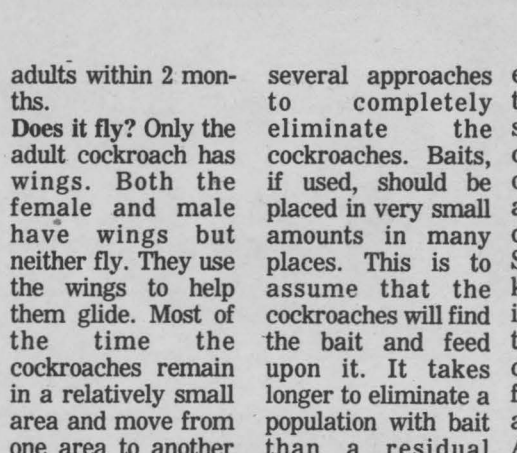
How does it live? The adult cockroach usually lives for several months (4 to 6 months), but some can live for up to a year. The young nymphs become adults within 2 months.

Does it fly? Only the adult cockroach has wings. Both the female and male have wings but neither fly. They use the wings to help them glide. Most of the time the cockroaches remain in a relatively small area and move from one area to another by walking.

What kind of damage does it do? German cockroaches have chewing mouthparts. Therefore, whatever they feed upon, they destroy. This includes insulation on wires, books, vegetables, etc.

How do you control these cockroaches? There is more than one approach to the control of cockroaches. Often it requires the use of several approaches to completely eliminate the cockroaches. Baits, if used, should be placed in very small amounts in many places. This is to assume that the cockroaches will find the bait and feed upon it. It takes longer to eliminate a population with bait than a residual spray, however, baits are long lasting and in many instances, in the long run the most effective method available. Baits must remain dry to be effective.

Another approach is the applying of a spray to cracks and crevices as well as small surfaces where cockroaches walk. The spray is called a residual spray because it is supposed to remain on the treated surface for several weeks. The cockroaches walk over the chemical and die. They do not die immediately. Sometimes a quick knockdown chemical is added to the spray to kill on contact. It is critical that you look for as many places as possible to treat. Any spot left untreated is a potential cockroach breeding ground.



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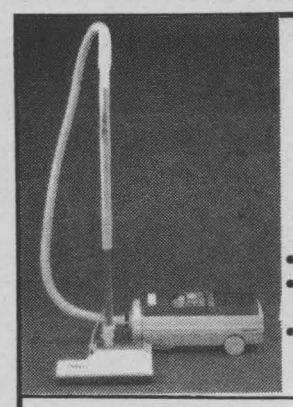

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SCUTTLEBUT



A special thank you goes out to Pat at St. Pierre Garage for helping a lady in distress. No money, no credit card and no gas. Forgot her purse!

Peek-A-Boo. Mr. and Mrs. Groundhog and the whole damn family are popping up in the back yard of Fran and Rita's on Augustus St. south of Second St. The furry little no B.I.G. critters will soon take over Augustus St. if the city doesn't do something soon to get rid of them. Rita says that she is going to buy a cannon just so she won't miss the critters and Fran said he would help her load it.

Cornwall Aeromodelers had a good turnout for their fly-in last weekend. Too bad it rained though. Thanks to Lalande Camping for the use of their trailer.

Now that the deed has been done we would like to wish Mrs. Denis Moquin best wishes.

Dear Dr. John T. Hope you enjoyed the pictures. Too bad you didn't hold up your end of the deal like Ed Katz did.

News Flash!! "Son of Sammy" has announced his retirement from Scuttlebutt. Seems he didn't take too kindly to the licence taken with his contributions. C'est dommage!

Why is it that men must stare and yell strange things at women walking down the road?

Surprise!! Yes it was a surprise. A lovely baby shower was held at the Police Association Club, for Anne Derochie. This will be the first for Anne and Pat who will arrive sometime in September. Anne received a truck load of beautiful gifts from her friends and relatives. We all wish Pat and Anne the best of luck.

New golf pro in town. Doug Shaver recently beat Ray Dupuis and Jean Lalonde with an incredible 78.

From an ex-carrier who got this information from a very reliable source-the exact number of facial muscles involved, when laughing, is exactly 57.

What a wonderful day the Multi Cultural Festival was last Sunday. Congratlations to Zoltan (Sultan) and the committee for a job well done. Looks like they've almost out grown the arena.

I think it's time for me to give myself a 20% raise in wages. Seems that's the thing to do these days.

Happiness is ...

Belated Happy Birthday to Murray Fenton. Hope you had a good party.

Happy Birthday Angus. Another year older and .....

23 years ago in the Oshawa General Hospital a beautiful baby boy. Happy B'Day Tom.

Rain for the farmers

July 7th another day for "celebration" as Kacey George turning the big "13". Loving mom & dad will be heavily involved in the festivities.

Congratulations to the R.H.S.J.'s on receiving accreditation status at M.M.H. Notice a local geriatric nurse, who only associates with "going concerns" does other things besides quality-assured Jags. Could A.M.B. be an "expert on quality"??

A happy retirement to Mr. & Mrs. Reynen of Long Sault Red & White grocery store. Congratulations to the MacMillans (the new owners.)

Donna Marie will be seen clowing around, putting smiles on children of all ages with her new Clown Service.

It's not true Sue, Mark did not beg to become a director of the new hockey association, Gary put him up to it.

Syd Gardner back to work at Sears after a brief illness. Good luck & lots of sales.

Barry & Glenda Scarlett had a big pig roast on the weekend. Everybody had a great time.

A walk through the new low rent housing developments going up are gonna make a lot of people in lower incomes wanting to quit work in order to get into them. A little birdie states the 3 bedroom units have 2 bathrooms, and all apartments have oak railings.

Kinsmen girls minor softball results A's trounce Twins 26 to 24 for the Twins 1st defeat of the season. Way to go A's.

Much needed work done to Adolphus Street between Water and 2nd. Hope 4th St. is next.

Chris Seguin over at the Brewers Retail having a terrible time on the fairways lately. Much more practice needed I guess.

Bishop McDonald's prom night a huge success.

Understand Ken Villenueve has really turned Catholic Diocese Credit Union around. Congratulations on a job well done.

Congratulations to Brian Herrington on his new career with Century 21 Carriere Pederson.

Hats off to courteous service. Delivery of patio stones by Brunet Bros. employees to a readers home. Fast, courteous and friendly service. Congratulations.

Understand family at B&B Sports went away for the weekend to a suprise party and all very suprised.

Want a beautiful home for the money? Look at Mike Tarles house on Leap Court.

Big party at Shawn Sloan's house a couple of weeks ago for his ball team. What a wild bunch that must have been. Was Blake a good buy??

Speaking of Blake, I hear he is semi retired from ball, "just hitting".

Wayne McDermid leaving to go to Myrtle Beach in a few weeks time.

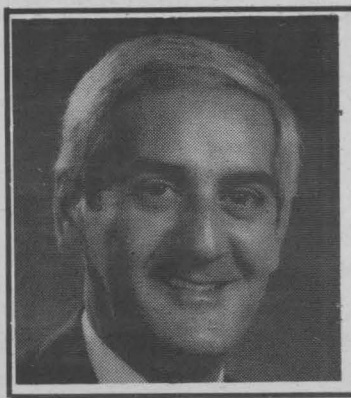
Ken from Sears just bought a new home. Good luck with it.

Boys from Great West Life, John, Gailand, Bruce, Al, and Mark all got back safely from their golfing tour down in Perth. Word has it that it took a long time to get home. Wonder if it was car problems?

I told you guys it was the tenth batter.



Ross McDonald is the proprietor of Clark's Shoe Store---he's also something of a gentleman farmer---they tell me his place is called Clark's Clux. Apparently the raccoons have been stealing some of his feathered friends. Well Ross has been staying up at nights with his trusty Winchester but no luck--so he set a trap--and you guessed it--he caught a chicken.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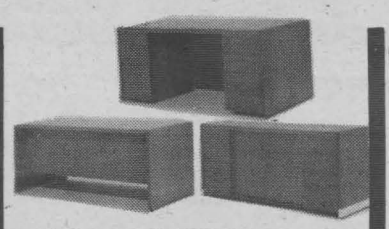
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LETTERS TO THE EDITOR:

"City woman makes history by joining Kiwanis Club" was a headline to an article published in the Standard-Freeholder. Sultan Jessa writes "Arsenault is the first woman in the city to join a service club as a full-fledged member."

We find a very sad situation exists when Sultan Jessa and the Standard-Freeholder are so lacking in knowledge. Civitan International Convention in Boston, Mass. voted to accept both men and women as equal members. Civitan International was the first service club to do so and many years ahead of any other service club organization. Since that time women have served as leaders at every level of the organization, including club president, district officers, district governor, and at the present time two women are serving on the International Board.

Locally, women have been members of the Cornwall & District Civitan Club since the Club was chartered three and one half years ago. Women have served on the executive board of the local club and a woman has served as President. Also at the present time a local woman is serving as District Secretary.

So Linda Arsenault is far from being the first woman in the city to join a service club as a full-fledged member. We have been doing it for three and one half years.

The Members of The Cornwall & District Civitan Club Inc.

EDITORS NOTE:
Congratulations to both Kiwanis and Linda Arsenault. Our objective is not to diminish that achievement, but along with CIVITAN to simply set the record straight.

Half Way Mark of Season

Industrial Slow Pitch League (Seventh Week)

	Teams	P	W	L	T	Pts.
1.	Mitchell Canada	16	15	1	0	30
2.	Stradwick's Flooring	16	12	4	0	24
3.	G.L. Photo	18	12	6	0	24
4.	Mike Fontaine Const.	18	12	6	0	24
5.	Last Resort	17	11	5	1	23
6.	Skidders Const.	17	11	6	0	22
7.	Hotel Dieu Hospital	16	9	6	1	19
8.	Pitt Stop Rest.	17	7	8	2	16
9.	C.U.P.E.	16	7	8	1	15
10.	General Hosp.	16	7	9	0	14
11.	Charlie's Sports Shop	17	7	10	0	14
12.	Libo's Rest.	16	6	9	1	13
13.	Cummins Recon.	17	5	11	1	11
14.	Cornwall Speedway	17	5	12	0	10
15.	Bolger Steel	18	5	13	0	10
16.	Simmons	17	0	17	0	0

Next Week's Schedule

Day	Date	Time	Diamond	Visitors		Home
Mon.	11	7:45	1	Simmons	vs	Bolger Steel
Mon.	11	7:45	3	C.U.P.E.	vs	Skidder Const.
Mon.	11	9:15	1	Cummins Recon.	vs	G.L. Photo
Mon.	11	9:15	3	Stradwick's	vs	Charlie's Sports
Tues.	12	7:45	1	G.L. Photo	vs	Bolger Steel
Tues.	12	7:45	3	C.U.P.E.	vs	Mitchell Can.
Tues.	12	9:15	1	Pitt Stop Rest.	vs	General Hosp.
Tues.	12	9:15	3	Libo's Rest.	vs	Stradwick's
Wed.	13	7:45	1	Simmons	vs	Cummins Recon.
Wed.	13	7:45	3	Last Resort	vs	Corn. Speedway
Wed.	13	9:15	1	Skidder Const.	vs	Charlie's Sports
Wed.	13	9:15	3	Hotel Dieu Hosp.	vs	Lauzon Const.
Thurs.	14	7:45	1	General Hosp.	vs	Last Resort
Thurs.	14	7:45	3	Cummins Recon.	vs	Charlie's Sports
Thurs.	14	9:15	1	Simmons	vs	Skidder Const.
Thurs.	14	9:15	3	Pitt Stop Rest.	vs	Corn. Speedway
Fri.	15	7:45	1	Mitchell Can.	vs	Hotel Dieu Hosp.
Fri.	15	7:45	3	G. L. Photo	vs	Stradwick's
Fri.	15	9:15	1	Lauzon Rest.	vs	Libo's Rest.
Fri.	15	9:15	3	Bolger Steel	vs	C.U.P.E.

Don't Forget The Flashlights: Survival Tips For Packing For Summer Camp

They'll only be away for eight weeks ... buy somehow it seems like they need to take everything they own to summer camp!

If packing for camp seems overwhelming, don't fret. Camp survival can be easy for you and your camper if you follow these tips from Aris Isotoner, leading accessories manufacturer.

• Pack clothes for warm days and cold nights — and don't forget their rain gear, like boots and ponchos, which can come in very handy.

• Make sure all your child's clothes are labeled so they don't get lost in the laundry. And send along a marking pen just in case a label comes off.

• A picture of the family, a favorite stuffed animal or something that will remind them of home is always appreciated — even by the most experienced campers!

• Most cabins have wooden floors — so make sure you pack a pair of slippers, like Isotoner Comfort Slippers, to prevent splinters, and help keep feet warm and comfortable when walking in their cabins.

• A beach pail is the perfect way for campers to carry their toothpaste, toothbrush, shampoo and hair accessories to the showers.

• A bug repellent and an anti-itch spray are musts, as well as a flashlight, a canteen, sun block and a sun visor.

• Baseball cards, jacks, books and magazines are great time fillers — and you'll want to make sure that your camper writes to you, so don't forget to pack stationery, pens and stamps. After all, you want to have a good summer too!

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COMMUNITY EVENTS

Let everyone know what's happening. Community Events is free and is open to all non-profit clubs and associations to publicize meetings; teas; bazaars and the like. Notices should be typed or printed and sent or dropped off to us by noon on Thursday.

*Rabies vaccination clinics $7.00. July 9th/88 at 1:00-4:00 p.m. local veterinarians in Stormont, Dundas, Glengarry, Prescott & Russell. Cliniques de vaccination contre la rage. Le 18 Juin et le 9 Juillet 1988-13 h 00 a 16 h 00, chez les veterinaires de Stormont, Dundas, Glengarry, Prescott et Russell-cout $7.00.

*The Rotary Club of Massena, N.Y. are having the Antique Show & Sale again this year. More than 40 dealers from around New York State and the New England states will display and sell antiques at the newly air conditioned Massena arena on July 9th and 10/88. The event will be sponsored by the Massena Rotary Club. All funds realized from the show will be used for the club's service projects. Among the items to be sold will be leather goods, stained glass, hand-painted china, jewelery, cut glass and collectibles of all sorts. The show will run from 10 a.m. to 6 p.m. on Saturday, July 9th/88 and from 11 a.m. to 5 p.m. on Sunday July 10/88. Admission will be $2.00 per day.

*3rd Annual Memorial Service at Memorial Hill Cemetery, July 10th, 2 p.m. Please bring your own lawn chairs.

*Stormont I.O.D.E. plum puddings are being mixed and steamed during late August with pick ups to be made mid. September. All orders must be made by Aug. 1st at the present 100 pudding will be made. Price 19 ozs. (540 ml.) at $5.00. Call Marion Weatherhead 534-2627 or 933-4298 to place your orders.

The Cornwall Regional Art Gallery will be offering a basket weaving workshop taught by Lucille Fay, Saturday July 9th, from 9:30 to 12:30. The workshop will involve making a basket using grape vine supplied by the artisan. The cost will be $20 for the morning and $5.00 for the material. For more information contact The Gallery at 164 Pitt Street Mall or call 938-7387.

*Cornwall Senior Citizens Club, 119 Pit St. A strawberry social is being held on Thursday July 7th. from 1:30 p.m. -4 p.m. Proceeds will be donated to the joint hospital fund. Come and enjoy an afternoon out and encourage the hospital fund. Bring a friend, everyone is welcome.

*Cornwall Senior Citizens Club, 119 Pitt St., wish to announce that bingos at the club will be discontinued for the summer months. They wish to thank all those involved for making it a successful season & look forward to seeing everyone in the fall.

*Glen Productions summer theatre will be presenting a three-act comedy "Last Of The Red Hot Lovers", artistic director, Claude Jesmer on July 14, 15, 16, 21, 22 and 23 at the Glen (air-conditioned building) $5.00 per person. Tickets available at Sportec, 124 Second St. W. No reservations.

*St. Andrews Presbyterian Church, South Lancaster, annual lawn social on church grounds Wednesday, July 6th/88 at 8 p.m. Entertainment, lunch, candy booth, fish pond, etc.

*Cornwall to hosts its third Yuk-Yuk's Komedy Kabaret. On Wednesday July 6th will see the third Yuk-Yuk's Komedy Kabaret at the Holiday Inn's Club 8000.

*The Sea-Way Machine Knitters will be holding meetings every last Tuesday of every month at 7:30 p.m. at the Best View Health Care Centre, 201-11th St., E. Cornwall. For more informaiton call 932-7771.

*The Cornwall Regional Art Gallery is registering children for a variety of summer classes. July and August for students aged 10 to 15 beginning with a watercolour technique by Alan Bain starting July 4th until July 8th. Then for toddlers and parents working together, Margaret Bremner will be covering colour, shape & exploration of art form from July 11th until July 15th. Mrs. Bremner will also be teaching children from the ages of 6 to 8 basic techniques of drawing geared to children of this age group.

*Mirror Images, an exhibit of prints, mixed-media drawings, and fabric sculpture by Linda Szabad-Smyth and Lor Pelton, will be on display at the Cornwall Regional Art Gallery from July 2nd to July 29th. The exhibit represents a visual journey into the self exploring the concept of self on emotional, cultural, spiritual and physical levels. Linda Szabad-Smyth is presently completing her Masters in Art Education at Concordia University and has exhibited in Montreal, Cornwall and Toronto. Lor Pelton has been exhibiting since 1981 and is a member of the Ontario Society of Artists. Both artists have won several awards in the CRAG Annual Juried Shows. Gallery hours ar 9:30 to 4:30, Monday through Saturday.

*Things to see around town: Wood House Museum is just one more attraction to see in Cornwall. Visit the museum this summer. The museum was made possible by public donations, municipal help and the generous assistance of Domtar Fine Papers Inc., who won the property. It is operated by a special committee of the society, with the assistance of Provincial funds, and through revenue from the small admission charges.

*Upper Canada Village near Morrisburg have announced a 5:00 p.m. closing time to be in effect throughout the 1988 season.

In addition, the Crysler Park Marina near Morrisbug will move its summer closing time from 8:00 p.m. to 7:00 p.m. Those requiring additional information can call 543-3704, Ext. 278 or any Ontario Tourist information Centre.

Bingo at the Bingo Palace will continue every second Sunday. Next Bingo is July 3/88 at 6:30 p.m.

*Mr. George Speal, Q.C., chairman of the St. Lawrence Parks Commission, has announced the appointment of Robert L. Mitton as the Commission's General Manager, effective August 8, 1988. Recognized for his strong leadership and personable management style, Mr. Mitton will oversee the operation of the Commission's numerous facilities and attractions, which include Upper Canada Village, Fort Henry, Fairfield Historical Park, A 4,000 hectare parks system, Upper Canada Migratory Bird Sanctuary, Upper Canada Golf Course, Crysler Park, Maple Sugar Bush and Queen Elizabeth Gardens among others.

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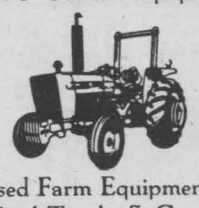
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Solution to June 20th Puzzle

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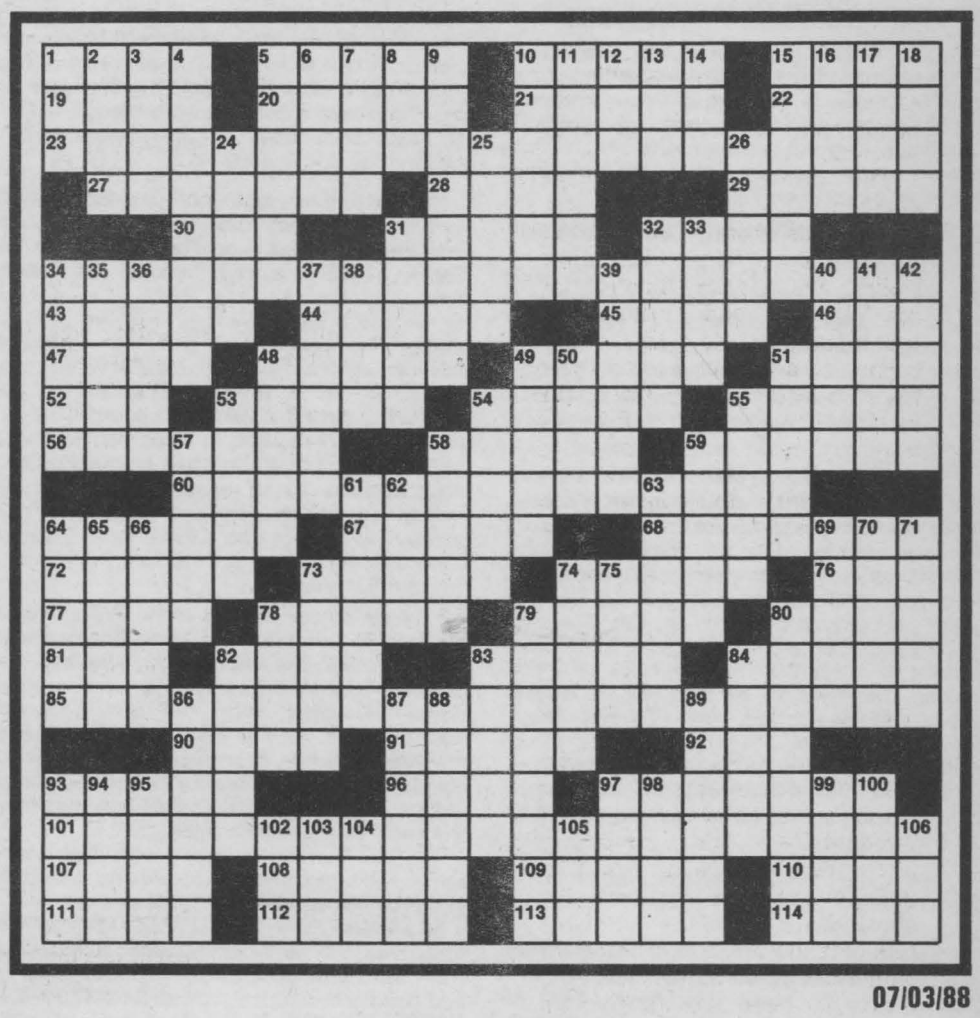
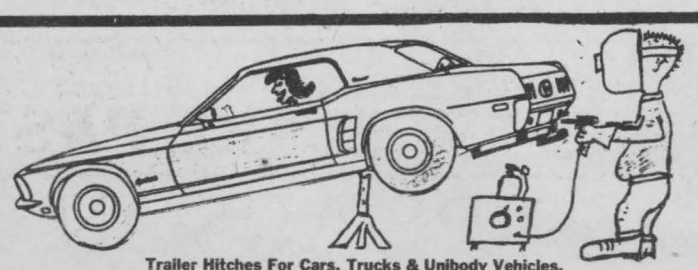
THE Sunday Crossword

Edited by Herb Ettenson



07/03/88



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TIMBER!
By Dorothy B. Martin

ACROSS
1 — Dillon
5 Impress
10 Impudent
15 Moderate
19 Ger. industrial region
20 Town —
21 Fisherman of a kind
22 Pinches
23 Kilmer phrase
27 Turns back
28 Spouse
29 Laundry apparatus
30 Silkworm
31 Lawmaker
32 Festivity
34 William Bliss Carman phrase
43 Planet
44 Avid
45 Against
46 Medical suffix
47 "Queen for —"
48 Scrub
49 Foundation
51 Source
52 Destiny
53 "I am incapable of —" (Lamb)
54 Do grammar work
55 Eccentric
56 Nosy person
58 Light pink
59 Projector shutter
60 "The Trail of —" (movie)
64 Reception
67 Ger. spa
68 "The Vision of Sir —"
72 Vandyke
73 Cut
74 Intone
76 Actress Merkel
77 Whirlpool
78 Horses
79 Cream of the crop
80 Saharan
81 Weekday: abbr.
82 Dorothy's dog
83 Duplicate of a kind
84 Reef
85 Longfellow phrase
90 Bearing
91 Vital
92 Wedding announcement word
93 Souvenir
96 River from Lake Victoria
97 In a group
101 Christmas song phrase
107 Pungency
108 Ancient
109 Group of three
110 Raison d'—
111 Nautical word
112 Consecrated
113 Hurry
114 Doris and Dennis

DOWN
1 Married lady
2 Actor Mischa
3 "Of — I Sing"
4 Literary burlesque
5 Slag
6 Allowance for waste
7 Ambitions
8 Baseball's Ott
9 Organizer
10 — clay
11 Soften
12 Eng. cathedral city
13 Black or Red
14 Time periods: abbr.
15 Capture
16 Breezy
17 Graf —
18 Fr. river
24 Roost
25 Heroism
26 A Stevenson
31 Musical direction
32 Spirit of Aladdin's lamp
33 Quantities: abbr.
34 River ducks
35 Wore
36 Muse of poetry
37 Frizz again
38 Fr. town
39 Squabble
40 Plunders
41 Express strong feeling
42 Woodland deity
48 Pilot
49 Title of nobility
50 Biblical Syria
51 City on the Seine
53 Garden pest
54 Puzzle
55 Sinker
57 Eared seal
58 Relinquishes
59 Ms. Keaton of "Annie Hall"
61 King of the fairies
62 Church part
63 Typewriter roller
64 Aids in wrongdoing
65 Surfeited
66 Sound volume control
69 Tumult
70 Infirm
71 Dipper
73 Glossy fabric
74 Shut
75 Suggestion
78 Style
79 — hour (last possible moment)
80 Vouched
82 Stigmatize
83 Mex. dish
84 Go on — (have a spree)
86 Come into view
87 River in India
88 Customer
89 Like beds at times
93 So long
94 Gem
95 "Citizen —"
97 Finials
98 Tidy
99 Sp. miss: abbr.
100 Out of this world
102 Steal from
103 Springfield's state: abbr.
104 Presidential monogram
105 Macaw
106 Recipients: suff.

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(S.O.P.) Vacation or moving time prompt a lot of people into hitching a trailer or a camper. Unfortunately, and in many cases, pulling such weight can cause serious damage to certain mechanical elements of your automobile.

The growing popularity of compact and sub-compact car models has greatly reduced the number of vehicles suitable for pulling heavy loads. As a matter of fact, a good number of manufacturers do not recommend it, and will even cancel their waranty on certain car models if they have reason to believe they were used to haul a trailer. It is the car owner's responsibility to consult the owner's manual before hitching a trailer to his automobile. Moreover, it is just as important for him to be aware of the maximum loading capability of the car before loading it up.

In an effort to avoid costly moving expenses, a lot of automobile owners turn to specialized trailer centres who also offer a temporary hitch that can be attached to car bumpers. Incidentally, this temporary hitch may damage the finish on your bumper as well as the shock absorbers. There is also a risk that the hitch may come off which can prove dangerous even if care has been taken in fixing a safety chain. Installing a permanent hitch, one that is fixed to the automobile's frame, is much more sensible.

Towing a load demands a lot from your car. Understandably, the motor, cooling system, tires and suspension must be in good order. A suspension that is not up to par or directional instability due to the extra load of the trailor could make driving dangerous. Stopping a heavier load will put more strain on your brakes so they too must be reliable.

Therefore, all facts considered, it might not be worth trying to cut moving or travelling expenses, unless your car has been designed to pull a heavy load, and is in good condition to do so. Moreover, the hitch must be sturdy and installation must comply with the manufacturer's specifications. Of course, manoeuvring a car hitched with a trailer requires extra care because it meant that driving conditions are not normal.

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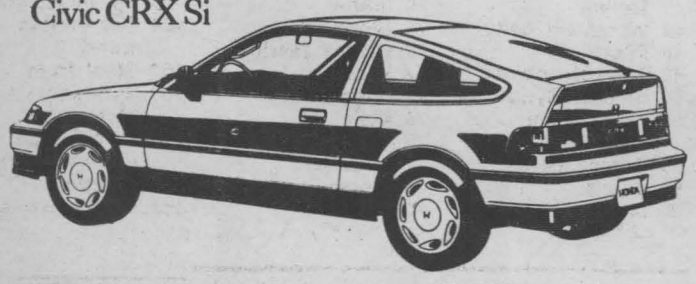
Civic CRX Si



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Alexandria Veterinary Clinic
Glen Robertson Road
R.R.2, ALEXANDRIA

Dr. H.K. Abbey
Glengarry Veterinary Clinic
104 Maples Street, LANCASTER

Dr. Ian MacNaughton
Martintown Veterinary Clinic
Nine Mile Road, MARTINTOWN

Dr. George R. McGowan
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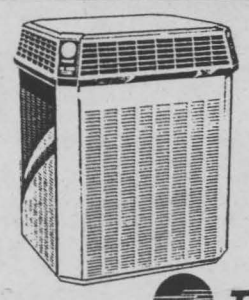

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cont'd from pg. 6

The claim amounts are used to reduce the number of calculations a taxpayer would otherwise have to make.

Other non-refundable tax credits, such as the disability or age credit, can also be used to reduce the amount of taxes due. In some instances, taxpayers will be allowed to transfer unused portions of some of the personal tax credits to a spouse or supporting person. Credits are worth the same amount to all taxpayers, regardless of income.

Federal Old Age Security, Guaranteed Income Supplement and Spouse's Allowance benefits will be increased this month to keep them in line with the cost of living.

The Universal Old Age Security pension (OAS), paid to people 65 and older, will rise to $315.97 (from 315.13) a month.

The maximum Guaranteed Income Supplement (GIS) will increase to $375.51 (from $372.16) for a single person and for a married person whose spouse does not receive an Old Age Security pension or a Spouse's Allowance.

The maximum Guaranteed Income Supplement will increase to $244.57 (from $242.39) for each married person whose spouse also receives an Old Age Security pension and for a married person whose spouse receives a Spouse's Allowance.

The maximum Spouse's Allowance (SPA) paid to low-income people between 60 and 64 who are married to GIS recipients will increase to $560.54 (from $555.54.)

The maximum Widowed Spouse's Allowance (WSPA), paid only to low-income widowed persons aged 60 to 64, will increase to $618.85 (from $613.33.)

***

Sunday afternoon I was glad to meet many people from the community at the Morrisburg Civic Centre eating strawberries and ice cream at our annual social.

On Sunday I also attended the Multicultural Festival at Cornwall's Civic Complex. Many people were there enjoying the flavours of a variety of cultures.

I was at the official opening of a food bank for the Agape Centre in Cornwall on Monday.

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ON CARS

Smoky '65 Ford Falcon baffles experts

By Bill Gardiner

☐ I have a 1965 Ford Falcon, completely original, with a 200 cubic inch, six-cylinder engine, automatic transmission and only 68,000 miles (109,500 km).

The problem is extreme "intersection fogging" — clouds of blue smoke accompanied by a bubbling, pre-ignition type of sound only when the engine is fully warm.

The car initially starts and runs quietly, responsively and smoke-free until warm.

The radiator loses no water, the timing is correct, the spark plugs are all normal color, but oil consumption varies from none to 400 miles per quart.

I've discussed the problem with several mechanics and they are baffled. Murray Wagner

A number of faults could be causing the blue smoke and oil burning/consumption problems you are experi encing. Let's start by looking at the more obvious and simpler-to-repair items and eliminating them as possibilities first.

☐ Check that a restriction or clog ging of the crankcase ventilation hasn't caused blow-by gases to pressurize the crankcase and force oil into the combustion chambers via piston rings and valve seals.

☐ Remove the valve cover and inspect the oil return holes for possible blockage with oil sludge. Oil is pressure-fed to the top end but returns to the pan by gravity so any clogging of the oil drain holes can leave the valve cover swamped with excess oil, with much of it finding its way down the valve guides and into the combustion chambers.

☐ While the valve cover is off, inspect the valve stem seals (visible through the valve spring coils) for breakage or hardening and replace any or all suspect seals. Compressed air injected through the spark plug hole and KD tools spring compressor No. K-D 2078 make short work of valve seal replacement without removing the cylinder head or valves.

☐ Run another compression test with the engine warm and this time add three or four squirts of motor oil through the spark plug holes before taking the readings. If you find readings 10 to 15 per cent higher than your previous test, it's an indication that piston rings are worn and/or have lost their tension and ability to seal. Reconditioning the engine from top to bottom may be your best bet if that's the case.

Reliant wagon has balky manual gearshift

☐ Last year I bought a Plymouth Reliant wagon LE, 5-speed. As usual some minor repairs and/or adjustments had to be done, but there are a few things the shops seem not to be able to tackle:

At changing gears, or simply at accelerating or decelerating within the same gear (e.g. in heavy traffic) the engine hesitates. All my previous cars were manuals and none had this problem.

At one time I was advised to smooth those "jerks" in the engine by doing some more clutch pedal work. The idle speed seems okay (and cannot be adjusted anyway, the on-board computer takes care of that I was told). After about 31,500 km driving I still cannot enjoy a smooth driving as I am used to with previous cars.

The other point is the horn. It needs more than double the pressure to be activated as, e.g. on my VW, even in the centre of the steering wheel. And when one turns the wheel for more than 180 degrees your thumb searches in vain for the soft, lower side of the spoke. Again, the shop calls this "normal"!

Any help or explanation?

Gunter Brandhoff

The onboard computer or ECM (electronic control module) does in fact regulate idle speed as well as fuel injector pulse width ("on" time of the injector) and ignition spark advance.

The appropriate injector and spark timing for any driving conditions are programmed into a chip inserted in the ECM. A number of sensors supply information to the computer so that it may determine how much fuel to inject and when to fire the spark plugs.

Sensors for throttle body temperature, throttle position, intake manifold absolute pressure (or MAP), manifold air temperature, vehicle speed, coolant temperature and oxygen content of exhaust gases all feed the computer the information it needs to determine what the driving conditions actually are.

If the ECM receives erroneous information from any one of those sensors, then drivability such as you describe is possible, if not inevitable. The ECM has memory and self diagnostic capabilities. Should extremely high or low sensor feedback occur, a fault code will set in the computer and the engine diagnostic or "power loss" light will flash on.

You can retrieve these fault codes manually by cycling the key on/off, on/off/on without starting the engine. The diagnostic light will now flash in any trouble codes in sequence, for example code 13: flash — pause — flash, flash, flash indicates a blocked or disconnected MAP sensor hose. When code 55 appears (five flashes — pause — then five more flashes) it indicates end of test.

Unfortunately the power loss light has limited capabilities. If you see code 55 without any other trouble codes preceding it, then you will have to consult a shop with a scan tester, a diagnostic tester that plugs into the car's wiring harness and records data stream from the sensors and actuates devices controlled by the computer.

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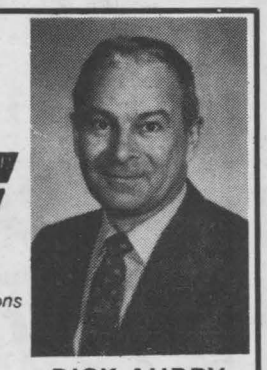
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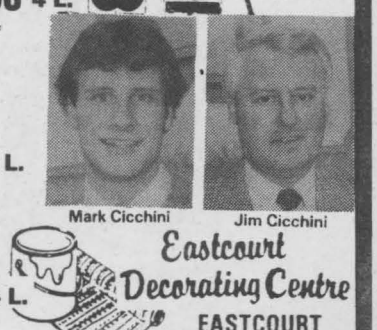
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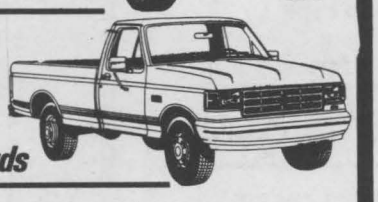

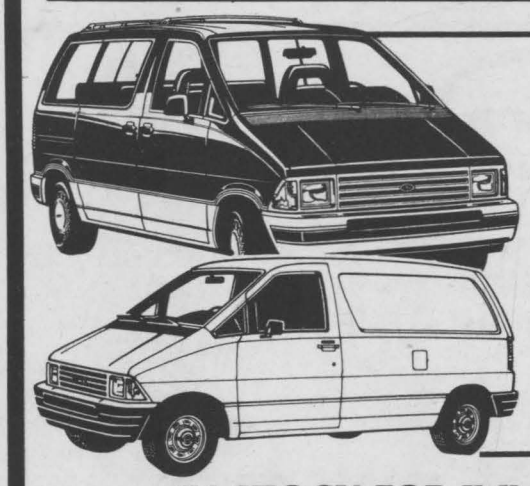

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Tips for organizing your traveling "medicine chest"

Finally, that long-awaited summer "getaway" is just a few weeks off. Although you may be twice as busy during the weeks before vacation just preparing to leave, be sure to take the time to plan your packing carefully.

If not, you might arrive at your destination with an over-stuffed suitcase, but without some essentials that could make all the difference in your enjoyment of the time away. How do you avoid such a problem?

Advance preparation is key

The key is to plan ahead. Start packing one day in advance and make a checklist of health care items. According to Carole Pisarczyk, publisher of *Medical SelfCare* Magazine, the following are some important, often overlooked considerations.

Sunglasses and sunscreen are essential for eye and skin protection. Whether you are at the beach or in the mountains, the sun's harmful ultraviolet rays are always present. Zinc oxide, a reflecting sunscreen, is effective in blocking rays and protecting already burned skin from further damage.

Be sure to bring along aspirin for yourself and a non-aspirin pain reliever if you are traveling with children.

Since constipation is a problem frequently encountered by travelers, Ms. Pisarczyk recommends adding an effective fast-acting laxative such as Ex-Lax to your list. "Ex-Lax can provide gentle overnight relief from occasional constipation problems," she points out.

Be sure to bring along an antacid, since you're likely to want to celebrate with special meals while on vacation. If you're prepared with an antacid to relieve acid indigestion, heart burn or sour stomach, you'll feel better fast, and you can go back to your regular diet after the trip is over.

If you normally don't get much exercise but, while traveling, become an extended "weekend athlete," you might be more prone to injury. Ms. Pisarczyk recommends packing instant hot and cold gel packs.

These new products, containing gel packs wrapped with or without terry cloth, can be made hot to soothe aching muscles, or cold to reduce swelling.

While playing tennis or preparing a meal, you easily can get a minor cut, scrape or blister. Be sure to pack a supply of adhesive bandages and a first aid spray or ointment.

A cold or allergies to local plants can wreak havoc on your sinuses, and changes in atmospheric pressure which you may encounter in the mountains or during air travel could aggravate the problem. Bring along an antihistamine or nasal spray just in case.

Checklist for packing

Here's a handy checklist of items to pack:

- Sunglasses, sunscreen and zinc oxide;
- Aspirin or non-aspirin pain relievers;
- A laxative;
- An antacid;
- Instant hot and cold gel packs;
- Adhesive bandages and first aid spray or ointment;
- An antihistamine or nasal spray.

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