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Information About Halimand Group Medical
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Sincere Good Wishes



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 REAL ESTATE BROKER
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 Phone 587-2621 JARVIS, Ontario

CALEDONIA MAN WINNER OF JARVIS LIONS DRAW

Harry W. Cummings, of Caledonia, woke up on Sunday morning considerably richer than he was prior to the Jarvis Lions Club Draw on Saturday night. Mr. Cummings ticket was drawn before one of the largest crowds to attend a Lions Club Turkey Jamboree in recent years.

The enthusiasm in the Turkey Jamboree seems to vary from year to year but 1968 found an enthusiastic crowd that enabled the Club to dispose of 100 prime Turkeys in about one hour and a half. The twenty-pound turkey given away as a door prize was won by Mrs. Gallant (the former Marion Montague) of Hamilton.

The games and refreshment booth were busy throughout the evening and the men on the wheel, Norm Graham and Bill Snowden allowed few idle moments during the proceedings. Her win is especially noteworthy as very few, if any, Canadians ever win this American competition.



GEORGE W. WALKER
 JARVIS, Ontario

PLANTS FOR CHRISTMAS

POINSETTIAS * CYCLAMENS
 MUMS and MIXED PANS
 ORDERS TAKEN FOR CORSAGES
MRS. FRED WALKER

GOOD Wishes for Christmas

Bells and baubles, candlelight... folks so merry, spirits bright... rush and bustle, scheme and hustle... joys to make the Season right! Thanks for letting us serve you thru the year.

W. J. ELLIOTT & SON
 JARVIS, Ontario

GREETINGS

Holiday time is here once again, and we take this happy occasion to wish every joy of the season to our good friends. It's always a pleasure to serve you, and we thank you!

Lundy & Henderson
 - BILL, ALLAN AND THE BOYS



MERRY CHRISTMAS To You!

Christmas comes but once a year... and always such a happy time for all of us to wish all you and your families every Christmas joy!

W. C. EVANS HARDWARE
 NANTICOKE, Ontario

Merry Christmas

All systems are "go" and so are our wishes to you, for a "way-out" Christmas Season!

JACK'S AUTO BODY
 RE-FINISHING & COLLISION REPAIRS
 Phone 426-3567 Simcoe R.R. 5, No. 3 Highway
 4 Miles West of Jarvis

CBC NATIONAL AFFAIRS REPORTERS



CBC national affairs reporters Ken Mason (centre) and Hon. Prime Minister Trudeau, but their daily routine includes covering any and all major news stories of national interest in Ottawa. Their reports turn up regularly on C-13 radio and TV news casts and on special news programs.

HOSPITAL COMMENTS.

by C. C. Taylor

DIETARY DEPARTMENT

In many of our older hospitals, the kitchen can usually be found in the basement and probably in the furthestmost corner away from other departments. This is because it has only become evident in recent years, through research, that the correct food can contribute in many ways to the recovery of the sick patient.

Nearly every patient who is admitted to hospital is placed on a particular diet by their attending physician, which is in accordance with the disease he is treating, and approximately 60 to 70% of all patients are on some special diet.

Whilst diet therapy itself is not exactly a new science it has now been recognized as an integral part of patient care and treatment. Standard hospital diets include the following: clear fluid diet, fluid diet, soft diet, gastric diet, post-gastroctomy diet, restricted residue diet, restricted calorie diet, restricted sodium diet, restricted protein diet, restricted purine diet, altered fat diet, etc. then there are special diets for the very young, children, diets during pregnancy and geriatric diets. These diets all perform a specific function in the treatment of the patient and assist in his recovery. For example, the gastric diet is given to provide a bland, smooth, non-irritating and well balanced as possible, and which will neutralize excess acidity of the gastric juices.

The head of this department must not only know what is good for the patient but also know and understand the market conditions for a tremendous variety of foods, he must buy, he must know when certain foods are in plentiful supply and also when other foods will be in short supply so that preparations can be made and items purchased before they reach their peak price. These diets must be prepared under the most hygienic conditions, diet trays checked for accuracy, and served by neat and cheerful personnel. The dietary department today spends 10 per cent of the hospital budget and it must be operated efficiently to produce the best possible food within the limits of its operating budget.

To illustrate how average speeds are increasing, the Ontario Safety League reports that in 1965 66 percent of cars on highway 401 drove the limit of 60 mph, whereas in 1966 the figure had risen to 32 percent.

Higher speeds have a serious effect on tread life expectancy of tires. George F. Plummer, president of the Rubber Association of Canada says that without qualification, the tire made 10 years ago if placed on a modern high-powered automobile would not perform nearly as satisfactorily as a tire built today. The number of tire failures in Canada, due to manufacturing defect or accidental damage, has declined by 35% since 1958.

DIED

PARKINSON - On Wednesday, December 18th, 1968, Kenneth Forbes Parkinson, beloved husband of Margaret Robinson, and dear father of James of Parkhill, Robin at home and Justice of Kingston, in his 65th year. The funeral will be held from the Hyde & Mott Funeral Home, Hagersville, on Friday, December 20th, at 2 p.m. Interment in Wesley United Church Cemetery, Jarvis.

BIRTHS

CHERRY - Mr. and Mrs. Glen Cherry, 100 Main St. Hagersville are happy to announce the birth of a daughter, Kathryn Elizabeth on Friday, December 13, 1968 at West Halimand General Hospital, Hagersville, Ontario. Special thanks to Dr. Awde.

VERSCHOOR - To Mr. and Mrs. Berns Verschoor, R.R. 3 Cayuga, a daughter on Saturday December 14, 1968 Donna Lynn, a sister for Connie, at West Halimand General Hospital, Hagersville, Ontario.

BIGGAR - Mr. and Mrs. Bruce Biggar of Carrick St., Hagersville, are happy to announce the arrival of a daughter, on Tuesday, December 17, 1968 a sister for Freddie at West Halimand General Hospital, Hagersville, Ontario.

ONTARIO SECONDARY TEACHERS FEDERATION MEETING

The Executive of the Ontario Secondary Teachers Federation, Halimand Division, met on Tuesday, December 16, 1968 at the Hagersville General Hotel. The Executive of the Ontario Secondary Teachers Federation, Halimand Division, met on Tuesday, December 17, 1968 at the Hagersville General Hotel.

The Salary Committee with Mr. L. Mood, Dunvilleville, as Chairman will bring forward recommendations which hopefully will lead to the best utilization of facilities and staff in Halimand.

It was further recommended that Mr. R. Hagart, Chairman of the Educational Affairs Committee, conduct the elementary school federations and the implications of the K-13 programme and on curriculum development in Halimand to satisfy local needs.

Mr. M. Mumukh Cayuga, president of the O.S.T.F., Halimand, voiced strong confidence in the operative committees and the New Halimand Board in their mutual pursuit of a sound educational programme for Halimand County.

Both teams were undefeated before this meeting with first place in the standings at stake. With ten minutes remaining in the game Foster finally scored to tie the score for Hagersville 2-0 on Saturday evening, Dec. 14th.

Jimmy Walker scored the first goal on a rink long rush with Jack Donaldson assisting and Andy Jonson, playing his first game of the season since moving up from Bantams competition, set up Don Kraus on two separate occasions where Krauskov made a mistake in flushing the red light.

Larry Yokes, scoreless in his last two encounters, is due to break loose.

SPORTS HIGHLIGHTS

JARVIS LADIES BOWLING LEAGUE

Cougars	19
Smoothies	14
Serambles	24
Sharpsies	17
Tornadoes	31
High Single-Diane Blundell	311
High Triple-Diane Blundell	801
High Average-Audrey Vokes	216

Winners of Turkey Roll-Helen Hart-Grace White, Marg Gushart, Betty Baird, Marg Kirkpatrick.

Most Headpins-Grace White

REYNOLDS SHOTS OUT HAGERSVILLE

Jarvis Lions Midgets, behind the outstanding goal-tending of Richard Reynolds, and the fine defensive play, and the hustling defence that shut out Hagersville 2-0 on Saturday evening, Dec. 14th.

Jimmy Walker scored the first goal on a rink long rush with Jack Donaldson assisting and Andy Jonson, playing his first game of the season since moving up from Bantams competition, set up Don Kraus on two separate occasions where Krauskov made a mistake in flushing the red light.

Larry Yokes, scoreless in his last two encounters, is due to break loose.

CHRISTMAS GREETINGS

Among the bright baubles on your tree, put our warm wish to you for a Merry Christmas!

VINCENT COLUMBUS
 JARVIS, Ontario

Parents should be warned that children are more susceptible to carbon monoxide poisoning than adults. This is because children breathe more deeply, and take in the gas more rapidly, says the Ontario Safety League. If a child becomes ill in a car, it could be an indication that deadly CO is present, but is not in sufficient concentration to have affected the adults nearby.

HENDRIK'S NURSING HOME
 HAGERSVILLE, Ontario

COUNTRY HOLIDAY

CHRISTMAS GREETINGS

Wishing you all the happiness only Christmas can bring

The rafters of the Ormstown (Quebec) Arena rang with the applause of 370 enthusiastic country and western music fans when CBC radio's Country Holiday was taped there recently. Talking about the show are (left to right): Grand Ole Opry stars Mac Wiseman and Red Smiley, producer Frank Heron, and Bobby Hill.