

Teatime Topics

Specially Written for The Record
By Jean Sharp
Canadian Press
Women's Editor

If it isn't always easy to convince the family that they like leaf vegetables, the Ontario department of agriculture has some suggestions that might help. Their home economists say spinach is best when leaves are dark green and large. The stalks should be firm and thick.

Wash spinach first in lukewarm water, allowing soil to float out. Lift leaves out of the water and rinse in two changes of cold water. Prepackaged spinach should be immersed in cold water and lifted out to provide the moisture for cooking.

Spinach Salad: To make a spinach salad you need 1/2 pound uncooked young spinach, 1 large cucumber, 1 teaspoon salt, 4 medium sized celery stalks, 1/4 cup coarsely chopped black olives, 1/2 cup sliced toasted almonds.

Wash spinach under cold running water, drain and pat dry with paper towels. If stems are coarse they may be diced like celery.

Peel and dice cucumber. To cut excess moisture, mix the diced cucumber with 1 teaspoon salt in a small bowl and let stand for 15 to 30 minutes. Drain off liquid. Dice clean celery stalks and toss into bowl with cucumber and spinach. Add

Births

WILLIS - Jack and Evelyn, of R.R.1, wish to announce the birth of twin boys on August 1, 1970 at West Haldimand Hospital. (Babies died later).

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Around & About Town - Cayuga

Mrs. Tom Smith, Mr. and Mrs. Norman Lint of Cayuga and Mrs. Margaret Thompson, Dunnville, attended the wedding of Mrs. Smith's granddaughter, Miss Jane Hodgson of Binbrook to Dr. John Steven Gregg, Toronto, on July 18 at 4 p.m. at St. Lukes-in-the-Garden Anglican Church, London, Ont. The unique feature of St. Lukes is the fact it was built by the Government of Ontario for the convenience of sanatorium patients in Parkland adjacent to the San. There is no regular service or rector there. This quaint church is the setting for many once in a lifetime occasions.

Cabbage Rolls: To make cabbage rolls you need 1 medium cabbage, 2 tablespoons butter, 1 to 1 1/2 cups tomato juice, 1/2 teaspoon salt, rice filling. Core cabbage and put it into a deep utensil. Pour boiling salted water into core until head is completely covered. Let stand until leaves are soft and pliable.

Drain cabbage and take leaves apart without tearing them. Cut off hard centre rib from each leaf, cut larger leaves into 2 or 3 sections. Line the bottom of a pot with a few leaves and put a generous spoonful of filling on each. Roll leaves tightly and skewer with toothpicks. Arrange the rolls in layers, sprinkling each layer with pepper. Combine tomato juice with melted butter and seasoning and pour over rolls.

Protect top layer from scorching by covering with a few large leaves. Cover pot tightly and bake at 350 degrees for 1 1/2 to 2 hours. Remove lid just before removing from oven. Rice filling calls for 2 cups cooked rice, 1 medium onion finely chopped, 4 or 5 tablespoons butter, salt and pepper.

Cook rice as directed on package. Cook onion in butter to a light golden color. Mix with rice, season to taste with salt and pepper.

Don Stewart and family, Decewsville and Harold Stewart and family, Binbrook returned recently from a weeks holiday in the north country at Port Loring.

Mrs. W. H. Moore of Richmond, Virginia is visiting this week with Mr. and Mrs. E. G. Bennett. Mr. and Mrs. Don Meadows and daughters of London, Ont., are visiting for a few days with Mrs. Meadows' mother Mrs. G. L. Marshall.

Mr. and Mrs. Clinton Strome, Mrs. Wm. Hoskin and Mrs. Edith Oxley all of Cayuga have just returned from a two week tour of the Maritime Provinces. They went by the Fairs Cardinal Tours, Dunnville.

Mr. and Mrs. Tom Fallis, Port Dover were supper guests at the home of Mrs. Hattie Dell on Sunday. They were accompanied by their daughter Carl.

Mr. and Mrs. Melvin Tye and family recently spent a few days up north with Rev. and Mrs. Lawrence Pocock

at the Pockock's summer cottage on Lake Simcoe.

Mr. and Rixford Derby returned this week from a 10 day stay at their summer cottage in Wasaga Beach. Their son Arden Derby of Strathroy and his family spent a week of their holidays at Wasaga Beach and are visiting here in the village this week.

Mr. and Mrs. Orin Keeley and family accompanied by Mrs. Edith Armstrong have just returned from a months trip to the West Coast and reported back that Vancouver has a beautiful climate. They visited Stanley Park, the Ice Fields of Alberta, and saw the Calgary Stampede. They brought back many rolls of film which they hope to let the neighbours view later on.

Mr. and Mrs. Ted McLeod, accompanied by Mr. and Mrs. Clark Macdonald, spent the weekend in Collingwood, at the summer cottage of Mr. and Mrs. Fred Harrison and family.

Rev. Lawrence and Mrs. Pocock have returned from a months holiday at Big Bay Point, Lake Simcoe. Mr. Pocock was chairman of the holiday camp there. Sometime ago, a lady donated 25 acres of land in her will, for the exclusive use of Anglican ministers, their families, and for a church camp.

While Rev. and Mrs. Pocock were at camp they received word that they are grandparents to a lovely boy, born to Mr. and Mrs. Bruce Pocock of Windsor. Mr. and Mrs. Wm. Hoskin accompanied by their son Greg, will leave August 12 for a tour of the British Isles. They will return in September.

Jennie Blain and family are spending the summer at their cottage on Northridge Beach at Grand Bend on Lake Huron.

Mrs. Edwin Wrightson has just returned from a months trip. She visited her sister and brother in Toronto and also spent some time with her daughter and her family in Belleville.

Rockford Person

The combined service will be at 11 o'clock, Monday, August 10, at the 4-H Club in Toronto on Monday.

Patricia Chambers, the 4-H Club in Toronto on Monday. Ann Fuller is spending a few days with Gordon North and Mrs. Don Chabon family and Steve attended the Junior Rally at Galt on Thursday.

Mr. and Mrs. Howard and family visited on Sunday with Mr. and Mrs. Gordon North and Mrs. Ted Johnson and Mrs. Hammond.

Mrs. Don Batsford family of Brantford, Tuesday with Mr. and Mrs. Ralph Goding. The Brant Norfolk Breeders Picnic was Sunday at the home of Gordon North.

Editorial Comment

Tips For A Safe Trip

A psychiatrist in Toronto has news for the young venturesome - some would say foolhardy - who go on trips. Dr. Daniel Cappon, psychiatrist at York University, says that anyone who achieves a psychedelic state by drinking quantities of water. "You just water down the trip," says Dr. Cappon. "It requires several gallons of water."

What happens is that the body's 12 pints of blood are thinned. Consequently the density of oxygen-carrying cells to the brain is reduced and the drinker becomes head-headed, euphoric and depersonalized. Perhaps Dr. Cappon has his tongue in his cheek. If he is serious, it might be the answer to one of the most important social problems of this age.

He recommends the method to his students, saying: "If you have dropped drugs. They get the same kick. After all, there is only one psychedelic experience, but there are several ways to get there."

He suggests some other easy and inexpensive ways of getting high. One is angular acceleration by spinning a rotating platform at a specific speed somewhat slower than a tilt-a-whirl at a carnival. You can do it in a car.

Another is staying awake. "Going without sleep for 72 hours will disorient and depersonalize you," he says. "You can quickly recover after a short sleep." Yet another method is sensory deprivation, including yourself in a room that shuts off all external input, including light and sound," says the psychiatrist. "The perfectly still for four or five hours and off you go."

Dr. Cappon's advice recalls a game children used to play some 50 years ago and perhaps still do. You sat in a wooden seat suspended by ropes from a tree branch - and got someone to twist the ropes as tight as they would go. Then the ropes were released and you swung around, faster and faster. The trick was to get off swinging and try to walk straight afterwards. You had everything was going around in circles.

Like all chancy solutions to problems, there may be a lesson in Dr. Cappon's ideas. The hard-core youths who use money for drugs often get their kicks out of kicking down frail old women and stealing their purses, or kicking and robbing elderly men. They won't see much challenge in turning on a tap and drinking several gallons of water.

But Dr. Cappon says some students who have heard his cheap system of getting high are coming to his laboratory for a spin in his barber chair. Why not ask a barber to give you a whirl next time you get your haircut.

Wise, Unwise and Otherwise

By The Old Owl
Quality (2)
After I had written my previous article on this subject it occurred to me that I had offered no definition of what I meant by "quality," except by inference from the examples given. The dictionary definition is far too lengthy to quote. So perhaps I had better try to explain what I meant.

The word is used of two quite different objects: people and things. Of people, the dictionary offers: "A mental or moral attribute, trait or characteristic." This, me, means honesty, intelligence, refusal to surrender anything deemed vital and, I might add, high ideals. Of things, the dictionary says: "The degree or grade of excellence possessed by a thing."

Let us think of Things first. There are people who suffer the poorly made article of clothing, of shoddy material, because when they tire of it they can throw it away. Such articles are usually pricy cheap. But as we get older there arises a certain disgust with the shoddy article and a desire for something of better quality. Cars and furniture are quite expensive and a young couple just starting out may find it necessary to something cheap at first while aiming at something better quality later on. It is still true that you get what you pay for.

People are a different matter. For one thing we inherit some characteristics from our ancestors and this affects the qualities we possess. Again, poverty or lack of opportunity to develop may cause a person to suppress the better motives they possess. Then there are those, in any walk of life, who deliberately choose the lesser rather than the good, they are not interested in quality.

There are, however, certain men or women who have achieved leadership in some field either by their own efforts or because they have been thrust into leadership. To such people we look for guidance in all manner of ways and we tend to follow their example or their advice because we admire them. This attitude is mostly to be found in the areas of religion and politics, but also in the widest terms. These people become our leaders.

Here is where we need to look for quality, to be sure that the man or woman we admire is worthy of our admiration. To go back to my definition, they should be honest (intellectually honest) and should offer intelligent leadership, not demagoguery; should be prepared to lead by everything they have said or done, and they should have pretty high ideals.

People such as I have described are worthy of our admiration. They have Quality.

Counter Clockwise

20 YEARS AGO MONTAGUE - At Beckcliffe Private Hospital, Hagersville, Ontario, on Friday, July 28, 1950, to Mr. and Mrs. Joseph Montague, of Walpole, a daughter, Joanne Eileen.

When Charles Evans, of Weyburn, Sask., spoke over the loud speaker during the Centennial program on Monday afternoon, he said: "This has been the greatest day of my life" and it was very evident that this old timer, who went west more than 50 years ago, expressed the sentiments held by the majority of the three thousand or more, people who were present in Jarvis on Monday for the first day in the week of celebrations marking the Haldimand County Centennial.

Mrs. J. J. Parsons will be hostess to the Jarvis W.I. for their Grandmothers Annual Picnic on August 9. Roll Call "What I Liked About Old Home Week." Exhibit. A utensil my grandmother used. Progressive Study, A historical place or famous person in history of Haldimand, Mrs. A. L. Belbeck, Programme convenors, Mrs. L. Church, Mrs. D. Bradley, Mrs. Fred Walker. All persons are asked to bring utensils and a picnic lunch as well as a grandmother as their guest.

Anyone wishing a ride is asked to be at John Brown's Drug Store at 1:45.

RETIRING? If you are in the market for a home, call in and see my list of houses for sale in Jarvis. Priced from \$4,000.00. Several good farms in the immediate district, 50 acres and up, priced from \$4500. Russell I. More, Real Estate Broker, phone 37, Jarvis, Ont.

I imagine, too, that the doctors who pull that average away up are specialists in big city hospitals, while my acquaintance runs a lot more to general practitioners, especially in the country.

In fact, once when a baby girl was badly burned by a coal-oil lamp that fell into her crib in a farmhouse and set her bed clothes on fire, I was drafted by our doctor to drive 85 miles to a hospital. This was the nearest one with the kind of equipment he thought was needed and he couldn't drive and look after the poor little girl and her parents along the way. I made it in not much over an hour, but the little girl died anyway. I won't forget the ride home, just the two of us. And don't ever tell me that doctors don't suffer.

Another thing, they have to be sort of pillars of the community, or the word gets around pretty fast. I remember being in one doctor's waiting room in the country when he had an old lady in his office. She was a wraith-like teetotaler who came in about once a month to tell him about the things that made her go bump in the night. The doctor was giving her his usual rap attention when the phone rang.

On the other end was a man we both knew. He was obviously about half-snapped. His voice could be heard right out into the waiting room as he commanded: "Hey Doc, come over and have a drink!"

RENT FREEZE VANCOUVER (CP) The British Columbia Tenants Association, which held its founding convention here recently, has called on the federal government to put a freeze on rents as "the best place to start fighting the battle against inflation."

parties coming out in favor of conscription as they should have in the campaign, and then the winner making it immediately effective, they talked it up and down the country, as though it would be a catastrophe for Canadians to be forced to accept compulsory military service again. They both knew then, or at least should have, that such action would soon be absolutely essential, if Canada was going to make it's maximum contribution toward smashing Hitlerism.

Two minor accidents were reported at the Marshall Dairy on Sunday. Earl Fess stepped on a stone in the driveway, turning over his ankle, suffering a cracked bone in his left foot. Ralph Johnson lost his balance in the caskery factory and fell against an upright scantling causing a severely bruised left shoulder.

Mr. and Mrs. Allan Lundy moved into their new home on Church St. this week. The home is built on modern lines and makes a fine addition to the residential section of the village. Mr. and Mrs. George Walker are moving into their former residence on Talbot Street.

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Scott Young

A hard-working lot

I'm not one of those people who get all upset every year when the wire services carry the news that doctors in Canada average \$28,000 income a year.

Maybe nobody else is bothered either, except politicians feeling they can make a little hay in the soak-the-rich line. Most people, I think, are so glad to have a doctor when they need one that if he can make a good living at it - well, fine.

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While the old doc spoke, however, he was peeling down to his long flannel underwear. This he took off and tore into pieces. In these he wrapped the baby, and fixed a little bed for her. Then he left.

Do they come like that any more? I suspect, one way or another, that they do.

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