On Thursday evening

L. Mitchener Public School,

put on by the school staff,

honouring Mrs. Strome who

is retiring this term after 40

years in the teaching

There were approxi-mately 300 who called to

pay their respects. Mrs.

Strome spent her entire

teaching carrer in this

county; she taught in

Springvale, Sweets Corners,

Kohler, Glasby and Bayuga.

She received the guests in

her class room, which was

decorated with flowers,

cards and telegrams of good

wishes. Across the hall a

delicious lunch was served

by pupils past and present.

complimentary things one

could say about a person

like Mrs. Strome, I would

like to mention one here is I

may. When my girl was

small and going to the J. L.

Mitchener Public School; in

the winter. I could see from

my kitchen window, up

through the trees to Mrs.

Stromes garage. On a

blustery morning you could

see a line up of Kiddies, in

the lee of the Stromes'

Garage waiting to get a drive

to school. When I saw her

come to get her car I would

say "Lois Mrs. Strome is

girl would go flying up the

street to get a drive too. I

might say from my house it

was a good 15 minute walk

down to the school, and on

a stormy day a drive was

Pancake

Party

For a pancake party,

here's a quick start with a

mix. The homemade

richness comes from the

evaporated milk and the

easy-to-prepare fruit syrups.

Home economists,

Macdonald Institute,

University of Guelph,

suggest serving the syrups

warm by placing the filled

pitchers in a pan of hot

Ouick Pancakes - 1 cup

pancake mix, ½ cup water,

egg, 2 tbsp salad oil or

melted shortening, 2/3 cup

1. Combine milk, water,

egg and oil in a shaker or

covered jar. (If melted

shortening is used, add after

the pancake mix.) Add

pancake mix and shake

vigorously until the batter is

2. Pour batter in small

evaporated milk.

fairly smooth.

much appreciated.

There are so many

St. John's **Anniversary Service**

Anniversary Service June 14, at 10 a.m. This is the

Rockford by Cannon D. G. Huether B.A., L. Th., the Rector of Personals and Rural Dean of Haldimand.

The church service will be withdrawn on Sunday morning June 28, so that all may attend the anniversary service at Mount Zion. Sunday School will be held

The lovely basket of flowers in the church on Father's Day were in memory of Andrew Buck and were placed there by the family.

Fathers Day visitors at the home of Mr. and Mrs. Ralph Golding were Mr. and Mrs. Wally Kirkwood of Burlington, Mr. and Mrs. Robert Ball of Waterford and Mr. and Mrs. Don Batson of Brantford and their families.

Lorna Chambers spent the weekend in Simcoe with her cousin Debbie McLean. The Rockford Young People played a good game of ball on Monday night, losing to Jarvis by a small

score of 18-15. Mr. and Mrs. John Cunningham attended the wedding of Susan Tiefenback to John Tonan in St. Mary's Church, Toronto on Saturday.

Rick Hall spent the weekend with his uncles, Vince Patton and Jim Hodge, fishing at Pike Bay in the Owen Sound district.

Mr. and Mrs. Keith Priest and Susan of Woodstock spent the weekend with Mr. and Mrs. Bud Priest and

George and Lynn Reid and Jill Shields of Ottawa spent the weekend at the home of Mr. and Mrs. Wm. Lemery. Mr. Neil Reid of Hagersville was a Saturday evening dinner guest. Lynn Reid will be remaining with his uncle and aunt for a couple of weeks. Ivan Hall is a patient in St. Joseph's Hospital, Brantford.

Rick Kirkwood of Burlington spent the weekend with Mr. and Mrs. Star Golding.

Mr. and Mrs. Don Chambers and Lorna visited on Sunday evening with their grandmother, Mrs. Wilbert North of Garnet.

Mr. and Mrs. Bob Sargeant of Hamilton spent Monday evening with Mr. and Mrs. Roy Kenny.

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Res. 779-3413 Fisherville WARREN PHIBBS, Prop

St. John's held their seventy-fourth year for the present church and the one hundred and thirty-fourth for this parish in Cayuga... The service was conducted St. Paul's Church Dunnville

Huether wondered if the structural church as it stands today, is relevant; as he pointed out Christ had no church, he went about doing good wherever he happened to be.

Are we as laypeople to assume, the church will stand as a museum, in the years ahead; as it stands in Russia today? A frightening thought for people of my generation!

The floral contributions were lovely: The flowers on the altar were in loving memory of Rev. Edwin Wrightson; who gave so much of himself, in his latter retirement years, to this parish, - placed there by Dr. David Marshall and

The flowers at the foot of the Chancel steps, were donated by members of the I.O.O.F. in honour of our

The flowers in the Krafft Memorial window, in honour of Mrs. Agnes Krafft; pioneer in this Parish; lovingly placed there by members of the ACW. Flowers in the Goodwillie memorial window, in honour of Mrs. Margaret Goodwillie; another of the homesteaders in this area; lovingly placed there by members of the ACW. Flowers on the vestibule table, thoughtfully placed there by Mrs. Brownlie and

Mrs. Stepaniuk. A social hour was enjoyed in the downstairs parish hall.

Lunch was served by St. John's Evening Guild.

Cayuga Bicycle Safety

On Saturday June 13 a bicycle rodeo was held in Cayuga conducted by Constable Bell of the OPP. sponsored by the Kinsmen's Club of Cayuga. The five semi-finalists, boys and girls chosen were: Boys: Bill Downey, Jeff Tomlinson, Wayne Armstrong, Freddie Dykstra, Jeremy Lane. Girls: Peggy Blain, Joanne

Rodeo

cakes onto hot, lightly greased griddle. 3. Turn cakes when bubbles on surface break. 4. Serve with whipped Sweeney, Susan Wilson, Linda Adkinson, Brenda butter and warm syrups. Makes 12 small cakes.

The two top winners of Blueberry Syrup both boys and girls each one-pound can blueberries received a Trophy. Those ten semi-finalists go to St. (2 cups), ½ cup light corn syrup, dash of salt. Catharines, for the finals 1. With electric beater or held in August. The finals blender, blend blueberries take in the three counties of Welland, Lincoln and until smooth.

A tip of the hat to

Constable Bell!

2. Pour into a small Haldimand. They anticipate 300 entrants. There will be saucepan; stir in syrup and prizes of up to \$100.00. 3. Bring to boiling; boil Constable Bell stated, he goes around to the schools talking with children to

gently, uncovered, stirring constantly, five to seven interest them in taking pride minutes. Makes two cups. Strawberry Syrup in their bikes and road

Repeat above method using 1 10-ounce package frozen sliced strawberries, thawed.

Retirement Reception

June 18, there was an Orpha things done in a mamatter

in women I believe) that Strome night held in the J. of fact way, (a rare quality

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Tues., June 30th

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GIANT \$1,100. JACKPOT

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ADMISSION \$1 PLAY STARTS 8:15 p.m.

TOWN LEAGUE BALL beginning

Thursday, July 2,



Boys up to and including 12 years of age at

Jarvis Community Ball Park, 7 p.m.

Sponsored By Jarvis Lions Club

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Four day Hit! WED. 24 — SAT. 27 NASHVILLE WITH MUSIC Starring Don Gibson and Buddy Alan

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The Monkees Head SUN. 28 — MON. 29

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Dean Martin and Robert Mitchum starring in

5 Card Stud

The Green Slime, The Fearless Vampire Killers, nbay's most daring Manhunt, and The Deadly Bees

Cayuga Speedway Race Results

THE JARVIS RECORD, JARVIS, ONTARIO

ONTARIO - Roger guard rail, but was not Treichler of N. Tonawanda injured. Book batteled his NY, outcharged veteran way through traffic to blast by McGraw on lap 13, and NY, in the 20 lap held on for his win. McGraw Modified-Sportsman took second, Jim Laughing Feature, Friday night, to third, Norm Forbes fourth capture his first Main event and Ross May fifth. victory here at Cayuga Jim Dunham captured his Speedway this season. In his second straight Mini-Stox sizzling ride, Roger set a Main event ahead of Doug new track record at the Sutton, Wayne Pearce, fantastic speed of 105.13 Larry Anthony and Ralph mph, turning the 20 circuits in seven minutes, eight seconds, and nine 1/100ths. He broke his cousin Merv Treichler's year old record of 7:15.8, for 103.68 mph. weeks, with Bruce Bolitsky, Rafter held on to the Harry Macy, Sal Libatore second position at the checker, followed by Bill Brainard of Cheektawaga, NY, Roger's brother Gordy

Lockport, NY. A six car crash on the second turn of the first lap of the Sportsman Feature put Dick Kulak and Cam Gagliardi out for the night, but the others were able to restart after fast, minor repairs to their cars. Rafter jumped to a 1/2 lap lead on the second start and looked like a sure winner, until Roger broke from the pack, and caught him at the half-way mark. Once Roger passed Rafter, it was all over attended with 48 riders but the shouting, as he almost flew to the

Treichler and Pete Hayes of

checkered flag. In the 15 lap Late-Model Feature event, Dan Skurski and Darrel Clause were the early leaders, until Jim McGraw took command on the sixth circuit. Ken Cassel brought out the caution flag when his right front wheel broke as he entered turn 1

Rodeo

Continued From Page 1

The tests given the children in the competition were figure eights, stopping at a stop light, manouevering around pylons, and riding a straight

both boy and girl divisions will represent Haldimand in the grand finals at St. Catherines Aug. 22.

The standings were as follows: Boys - Scott Elliott, first: Gary Hoover, second: Blair Schweyer, third;

Patrick Deruiter, fourth and Peter Vandekoey fifth. Girls - Linda Potuer, second; Janet Monro, third;

Colleen Lindsay fifth.

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NELLES CORNERS, on the next lap. Ken hit the

Bird. In the 20 lap TQ Midget headliner, Sean Shanahan of Etobicoke, Ontario, also scored his second victory in as many and Hugh Armstrong following.

The Sportsman heats were taken by Brainard and Hayes, before Jim Rudolph of Ransomville, NY copped McGraw and Cassel

scored wins in their heats, as

Billy Danials topped the Late-Model class. Dry Lake Saddle Club

News Our' 1st Point Award Trail Ride held June 7 at Benny Allison's was well enjoying a lovely sunny

The regular monthly meetings through the sprong have also been well attended with an average of 45 members. The 1970

membership to date is 95. Our June 27 meeting will comprise a Pinto line class to be judged by everyone present. The person who places the horses the same as the official judge will win

Plans are being made for a Western Speed and Action Horse show to be held July 1 at the Old Decewsville School grounds. This Horse Show will be an open iackpot with all proceeds being donated to the

Cayuga Arena Project. Our first point Award at Decewsville at 1 p.m.

The club executive have been working on our overnight trail ride to be held on Aug. 22 and 23 in the Niagara area, as guests of the Niagara Trail Riders Club.

The club has also arranged to have its first competition trail ride on first; Susan Burgsma, Sept. 27. By all appearances it is going to be a busy year Elain Burgsma, fourth and for The Dry Lake Saddle

Readi-Mix Ltd.

St. John's Evening Guild will hold a Strawberry Festival next week on the Parish lawn, plan now to

Miss Susan Skinner spent the weekend of June 13, at the home of her parents Mr. and Mrs. Gordon Skinner. Cayuga. Susan is employed at the head office of the Crown Life Insurance Co., Rev. and Mrs. J. P. Pryse,

have just returned from a and family, Hamilton, months trip to England. They were away from May 14 to June 12. They had a Mr. and Mrs. L. G. Riley. very enjoyable trip, but are Cayuga. glad to be back in Cayuga. Mrs. Jean McLeod was

Hostess for a miscellaneous shower last week, held in honour of Miss Donna Mehlenbacher, she was assisted by Mrs. Grace Novoch and Mrs. Bev. Mehlenbacher. There were 20 ladies present. Lovely gifts were received. Lunch was served by the Hostess

and Helpers. Mr. and Mrs.Rixford Derby journeyed to their Summer Cottage, in Wasaga Beach over this past weekend

> Tri-County Fastball **Standings**

Jarvis, first, with no losses; Binbrook, second Hope and Lynden, tied for third and Fisherville in last place.

Talks Continue

Rotating strikes by postal workers continued across Canada as government and postal union negotiators failed to find any solution to the nine-month dispute.

Jim Mayes, vice-president of the Letter Carriers Union of Canada suggested that little noticeable progress in the talks, a settlement could come within days.

"Its's just a matter of three or four things falling into place. The volume of mail remains as it did in May at about 20 percent below normal", a post office official said.

772-5454

"Around & About Town" - Cayuga

Mr. and Mrs. Bruce Marsland, spent the weekend in Markdale, visiting the latter's Mother, Mrs. Teeter and her Sister

Mrs. Allen White. Mr. and Mrs. John Derby, their children and Danny Heaslip Nelles Corners, attended the annual Oatis Fensum Co. picnic, held at Crystal Beach on Saturday June 13.

Mrs. Phyllis Pitkathley visited on Sunday June 14, at the home of her parents,

last weekend at the home of Mr. and Mrs. Howard Harrison and tamity, York.

Reciepes For You REGINA (CP) - Native

people in northwestern Canada often subsist on "empty-calorie" foods, such as pre-packed cereals and processed foods, says Alice Jenner, director of the Saskatchewan public health department's nutrition

"They ignore the nutrition of many foods found, quite literally, in their own back yards."

Mrs. Jenner is trying to help with a booklet called Recipes for you, prepared by her department. Probably the most significant features for native people are sections on cooking wild game and plants, and advice on how to grow and preserve local vegetables and fruits, Mrs.

Jenner said. Recipes on care and cooking of wild duck. beaver, moose, deer, elk, rabbit, muskrat and ptarmigan are included. Dishes such as chili con carne are adapted for game as well as domestic meats. Use of wild vegetables is

suggested, including dandelion, ferns, wild rice, wild onions and watercress. "We also show some of the delectable dishes tha can be prepared from wild fruits, such as saskatoons, blueberries, cranberries,

currants and rose hips", Mrs. Jenner said. Drawings are used throughout the book to illustrate techincal points and it is filled with nutrition

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