

Sandusk News

The Sandusk W.I. held their pot luck dinner for their husbands and friends on Tuesday at noon at the home of Mr. and Mrs. Wm. Bray.

Mrs. Russell Hare leader for Lambs Corners W.I. and Mrs. Wm. Bray leader for Sandusk W.I. held their first meeting at Mrs. Bray's home on Tuesday evening for the project "Hat Shapes and Brims" with 13 ladies attending.

Mrs. Wm. Nicol, Mr. and Mrs. Craig Werner, Mr. Lorne and Sanford Dougherty, Mrs. Donald Dennis, Mrs. Geo. Sternaman and Mr. and Mrs. Wm. Bray all attended the

Lucky Luncheon sponsored by Cheapside United Church U.C.W. held in Selkirk Town Hall at noon on Thursday. The ladies and messenger group held a bake sale and bazaar in the afternoon.

Mrs. Wilson McBurney, Mrs. Elgin Stewart and Mrs. Wm. Booth also attended the Lucky Luncheon.

Little Terry Nie is a patient in Chedoke Hospital, Hamilton.

Mr. Donald Nicol spent the week end with his parents.

Mr. and Mrs. Les Burton and Carol Anne were supper guests of Mr. and Mrs. Wm. Bray on Sunday.

Too Many Fats Lower Efficiency

A considerable part of our diet is made up of heated fats such as those present in fried foods. This is particularly true for teenagers who tend to eat more of these foods than do adults.

For many years one school of thought has maintained that heated fats are likely to be of lower nutritive value than other fats, and may, in fact, have a disturbing effect on the body chemistry. Dr. J. C. Alexander, University of Nutrition, Department of Nutrition, University of Guelph, who is engaged in research work on heated fats, points out that their effect varies, depending upon circumstances. The effects of a heated fat depend on the type of fat, the way it is cooked, and the diet and metabolism of the person eating it.

Past research results, said Dr. Alexander, showed that some heated fats had proved to be injurious to rats, causing internal disorders. It was once thought that peroxides which formed when the fat was first heated caused this, but it was found that when the heat reached deep-fry temperatures, the peroxides disappeared.

It is now thought that once the fat is fully heated, other elements that contain a high proportion of oxygen appear, and some of these can be absorbed into the body systems. These elements may replace the normal fatty acids in the body so that a general lowering of body efficiency is apparent.

Fat that is allowed to stand for a long time in a fryer and is continually heated and reheated will eventually foam over because of the buildup of large-size compounds called polymers and other elements with excessive amounts of oxygen.

Fat that is often replaced or has fresh fat added to it is far less likely to foam over in this way when heated. Also, the additional fat dilutes the buildup of potentially toxic molecules in the original fat.

PORT DOVER — The Shoby-Kan Judo and Karate Club of Port Dover is planning a fund raising dance for March 20.

The money made on the project will be used to finance general club expense and pay black belt instructors.

The club instructs both boys and girls in the art of self defence from seven years old and up. The members are awarded different colored belts after they pass each stage of instruction.

Dancing will be to Don Leatherdale's Orchestra. There also will be a demonstration of Judo and Karate sometime during the evening.

PUBLIC NOTICE
Walpole Township planning board, will hold a public meeting in the Nanticoke Community Hall on March 23, 1970, 8 P.M. to discuss the proposed site of the Texaco Oil Co. Canada in Walpole Township, adjacent to the Hydro Generating Plant on parts of lots 9, 10, 11, and Concessions 1, 2, 3.

David Wilson Sr., Clerk Treasurer.

Community Hall Board Inaugural Meeting

The inaugural meeting of the Jarvis Community Hall Board for 1970 was held at the home of Chairman, James Davidson who was re-elected for the coming year. Elmo Fields was also re-elected as Secretary-Treasurer. Custodian, Sandy Keen, was retained in his position.

In view of the new addition, which the Jarvis Lions Club intends to erect this spring, some changes were laid over.

It is hoped that the new part will be ready for use in time for the Victoria Day Celebration in May. The new addition will double the size of the Kitchen and provide among other things a Board Room for the Lions Club.

Preference will be given to local tradesmen for repairs and changes under the jurisdiction of the Hall Board.

Rentals will be at the same level as in 1969 with the Custodian taking the bookings as before. Rates as follows:
Meetings under 50, \$15.00.
Meetings over 50, \$25.00.
Family Picnics, \$20.00.
Wedding Receptions, \$40.00.
Banquets, \$30.00.
Dances Local, \$30.00.
Dances other than local, \$55.00.

Wedding Anniversaries afternoon or evening, \$20.00.
Wedding Anniversaries Afternoon and evening, \$30.00.
Kitchen Privileges under 50, \$5.00.
Kitchen Privileges over 50, \$10.00.

Events not mentioned may be negotiated. Motion was carried to pay Recreation Fee, also to go ahead with air conditioning. Howard Elliott to look after this.

Bill's Concrete Foundations REINFORCED CONCRETE POURED BASEMENTS CISTERNS LIQUID MANURE TANKS BILL KRAUSKOPF JARVIS, Ontario R.R. No. 1 Phone 587-2974

Take a second look!
Here is the ultimate in lightweight chain saws, the Pioneer Holiday II. This model has more features than any other lightweight and the price is low. Here are some of the bonuses you get as standard equipment: Automatic chain oiling, Sureguard safety chain, a visual priming system, large fuel capacity, "uni-body" construction and many more. Dollar pound, you won't find a \$154.95 better buy! Only

PIONEER Holiday II
Doughty & Williamson R.R. No. 1, Jarvis, Ontario PIONEER CHAIN SAWS

All About Sports

Specially Written for The Record
By GORDON GRANT Canadian Press Staff Writer

Hockey season is drawing to a close with Montreal Canadiens almost sure of winning the Stanley Cup again. That's right, Montreal.

New York will pull its usual playoff folding act while Boston and Montreal advance to the Eastern Division final. Then, of course, Montreal will knock the Bruins — who miss Eddy Green more than anyone is saying — and we'll see another of those so-dreary East versus West waltzes with the West taking a good hammering to demonstrate that expansion really hurt the fibre of National Hockey League play.

But don't despair, hockey season is on the way. I know, it doesn't start until August, but we'll be able to see all those exciting exhibition games with Toronto Argonauts winning the Grey Cup in July for the fifteenth time in a row, but somehow managing not to win the real thing when the season closes.

Football men are already beginning to make their move to grab some publicity before the exhibition games get under way. They're beginning to announce those player signings to keep up everyone's interest.

Toronto Argonauts today announced the signing of Rob McClown in a ceremony on a yacht in the harbor, just off Exhibition Stadium. The seven-foot-six fullback from Johnston State Teachers College was the leading ground gainer in the North-South Conference for the last three years, picking up more than nine miles of real estate for a 10.9 average.

"This boy is big and fast and has all the moves," said his coach at Johnston. "He's the finest football player I've ever coached in 35 years in the business."

His coach will compare McClown to Jimmy Brown, Gale Sayers and Leroy Kelly, all of whom he once saw in a restaurant in New York.

WATCH FOR GRAND OPENING
HEQ
QUALITY HOME FURNISHINGS CO.
NEXT WEEK

Friends N' Neighbors

Mr. and Mrs. Ernest Craddock and Mr. and Mrs. Oscar Phillips spent the week end in Northern Ontario.

Mrs. Walter Griffin of Hamilton visited her mother Mrs. Effie Huffman in Jarvis recently.

Cameron Miller of St. Catharines and Bruce Miller of Port Stanley visited their mother Mrs. R. A. Miller on Wednesday. All attending the funeral for the late H. I. Kendry of Stratford.

Recent guests of Mrs. Lillian Lowes were Mrs. Jessie Lowes, Miss Marjie Guyatt and Mr. and Mrs. David Manson all of Hamilton.

Drew Williamson of Jarvis and Joseph Barnard of Waterford are on a business trip to Guadeloupe in the French West Indies.

We are sorry to learn that Mrs. Edith Hudson is a patient in West Haldimand Hospital, Hagersville.

Mr. and Mrs. Bryce Linklater are holidaying in Florida.

Mrs. Rose Taylor who has been a "shut-in" most of the winter was treated to a dinner at the Cove Room, Port Dover on Saturday Evening by her nephew John Rawcliffe of Hamilton. This was a combined birthday, celebration and wedding anniversary on the part of the Rawcliffs.

The Rev. K. N. Brueton who has undergone surgery in St. Joseph Hospital is reported to be improving and hopes to go to the home of his son Mr. and Mrs. Arthur Brueton at Markham when leaving the Hospital. We hope to see him back in Jarvis before too long.

Mr. and Mrs. Alvin King of Hamilton were the guests of Mrs. Ida Armstrong on Sunday.

Guests of the Misses Patrick in St. Thomas on

Saturday included Mr. and Mrs. Wm. Henderson, Mrs. Charles Wheeler, Mr. and Mrs. Robt. Henderson and children of St. Catharines and Miss Joan Henderson of Toronto.

Mr. John Awde has returned to her home after spending some time with

her sister, Mrs. Kerslake in St. Catharines.

A very enjoyable evening was spent on Sunday those attending the Fanshawe String Orchestra Musical at the Community Hall sponsored by the Catholic Women's League.

NOTICE OF MEETING

The West Haldimand General Hospital Corporation NOTICE is hereby given that the Annual General meeting of the West Haldimand General Hospital Corporation is to be held at the Hospital on Monday, March 16, 1970 at 8 P.M. By order of the Board of Directors.
W. Van de Ven, Secretary Treasurer

10
resounding reasons why you should buy a new Chevrolet instead of a new something else:

- 1 High resale value.** Year after year, Chevrolet offers high resale value at trade-in time. It's a Chevy tradition.
- 2 Deep down value.** Flush-and-dry rocker panels and an extra set of fenders keep Chevrolet looking good longer.
- 3 Smooth, smooth ride.** Because of Chevrolet's computer selected springs, Full Coil suspension and advanced body mounting system.
- 4 Impressive styling.** The impression is that it's an expensive car, if you want to make an impression.
- 5 Massive interiors.** Plenty of inside room, and 18 cubic feet of usable trunk space. Stretch out or sit tall, and pack what you need for the roomiest trip you've ever had.
- 6 Side-guard beams.** Chevrolet puts more between you and the outside. Steel beams built into every door.
- 7 A finish that lasts.** It's unfortunate other manufacturers don't have a Magic-Mirror finish because it sure keeps its shine.
- 8 Exceptional engines.** Chevrolet's standard 350-cubic-inch V8 runs on regular fuel. Plus there are five more engines—it's your choice.
- 9 Tremendous selection.** Of colors. Of accessories. Of engines. Of transmissions. Of fabrics. And of models. There are 14 big Chevrolets alone.
- 10 Canada's favorite.** Something else a new "something else" can't claim: Big Chevrolet is Canada's most popular car.

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