

**The Weeklies Say . . .**

**LACK OF UNDERSTANDING**

To many rehabilitation is the stuff of which bleeding hearts are made. Such thinking shows a lack of understanding and respect for all the penal reforms made over the years. It scoffs at those former inmates who against great odds truly want to help themselves. Without prison rehabilitation, reformists and an understanding community, prisons would only serve to harden many inmates who rightly deserve a second chance. - Campbellton (N.B.) Tribune

**KEEP THE WEAPONS**

War is not a pleasant thing, and certainly the war in which the United States is now involved is one of the most unpopular in history. However, it seems most unlikely that a lasting world peace can be achieved by throwing away our weapons and making the peace sign while others practise armed aggression on their weaker neighbors. - Stanstead (Que.) Journal

**WHY THE WAIT**

Recently, a driver of a snowmobile came barreling out of a lane so fast that, instead of being able to turn into the street, he hit the opposite snowbank and went sailing 15 to 16 feet through the air and hitting the snow on the ground, luckily, instead of a residence. Yet the mayor and council refuse to act on controlling snowmobile operations within the community. Perhaps they are waiting for a fatality. - Fort Frances (Ont.) Times

**HIRE CANADIAN**

Less than 50 percent of the instructors in arts and sciences at Canadian universities are Canadian . . . It seems peculiar to say the least to legislate Canadian content in radio and television programs to protect Canadians from foreign cultural contamination, but throw our universities open to foreign professors. - Swift Current (Sask.) Sun

**QUESTION EXPENSE**

No taxpayer will complain when money is spent for hospitals, but for correction institutions, it would seem, that we need more for our money than we are getting now, and we are still to be convinced that many of the expenditures, particularly for rehabilitation of criminals, are being spent wisely. - Innisfail (Alta.) Province.

**LONG SLIDE**

There is little doubt that entertainment levels are on a downhill toboggan ride. Unless positive forces come into play, there is little to stop a long ride. - Western Catholic Reporter

**Counter Clockwise**

**20 YEARS AGO**  
CAMERON - In Beckliffe Private Hospital, Hagersville, Ont., on Sun., March 4, 1951, to Mr. and Mrs. Alan Cameron, of Jarvis, a son, Donald Alan.

The Village Council passed a resolution on Tuesday night appointing Peter Banks Fire Chief.

Max E. MacMillen, son of Mr. and Mrs. J. B. MacMillen of Jarvis, left yesterday for Camp Borden after enjoying a seven day embarkation leave at his home here.

**30 YEARS AGO**

We received a letter from our good friend Frank Turner this week and among other interesting facts, he related an incident that happened in the Record Office many years ago. It seems the paper missed publication one week and an irate subscriber walked into the office and said to the editor: "What kind of a paper do you call this a weekly or a monthly?" The editor looked up at him in that old familiar way of his and said, "Why it's a try-weekly." Looking dumb

the subscriber said, "what do you mean, try-weekly?" "Well, replied the editor, "we get out one week and try like hell to get out eh next."

All of which goes to show us that in many ways publishing a weekly paper has possibly not changed a great deal with the years.

**Sandusk**

Mr. and Mrs. Craig Werner and Mr. and Mrs. Wm. Bray attended the crokinole party held in Nanticoke United Church Sunday School room last Wednesday evening and enjoyed it very much.

Mrs. Robert Marshall attended a shower on Saturday evening at the home of Mrs. Geo. Marshall in honor of Floyd Marshall and his bride to be.

A number of people from the community attended the sale of Mr. Claud Nie on Saturday.

Mr. Donald Nicol and friend Mr. Bob Hill spent the weekend with Mr. and Mrs. Wm. Nicol, Mrs. Maud Barnes also visited them on Saturday.

Mr. and Mrs. Harold Bray and Daryl were Mr. and Mrs. Wm. Brays guests on Sunday evening.

**V.J. Columbus**  
Phone 587-2561  
PLUMBING - HEATING - ELECTRIC Jarvis, Ont.

**A Brightening Picture For Canadians Under 75**

Just released by the Canadian Heart Foundation is news that the overall death rate from cardiovascular disease - diseases of the heart and blood vessels - has been reduced 24 percent in Canada since 1950. Mr. A. D. Atkins of Calgary, President of the Foundation, said "This news provides evidence that cardiovascular research pays off, and means that thousands of Canadians now alive would have died prematurely if 1950 Canadian death rates from cardiovascular disease prevailed today."

For particular forms of heart and blood vessel disease, the Foundation

released the following information: overall decline in death rate from all forms of heart disease - 24 percent; stroke death rate decline - 41.5 percent; high blood pressure - 79.3 percent; other heart diseases - 41.2 percent. The one area in which the statistics are relatively unchanged is that of heart attack, for which the decline in death rate since 1950 is only 3.2 percent. Even here, however, the outlook has brightened considerably.

Coronary artery surgery and coronary arteriography, (photography of the blood flow through the heart's own arteries), have enabled surgeons to carry out corrective procedures to

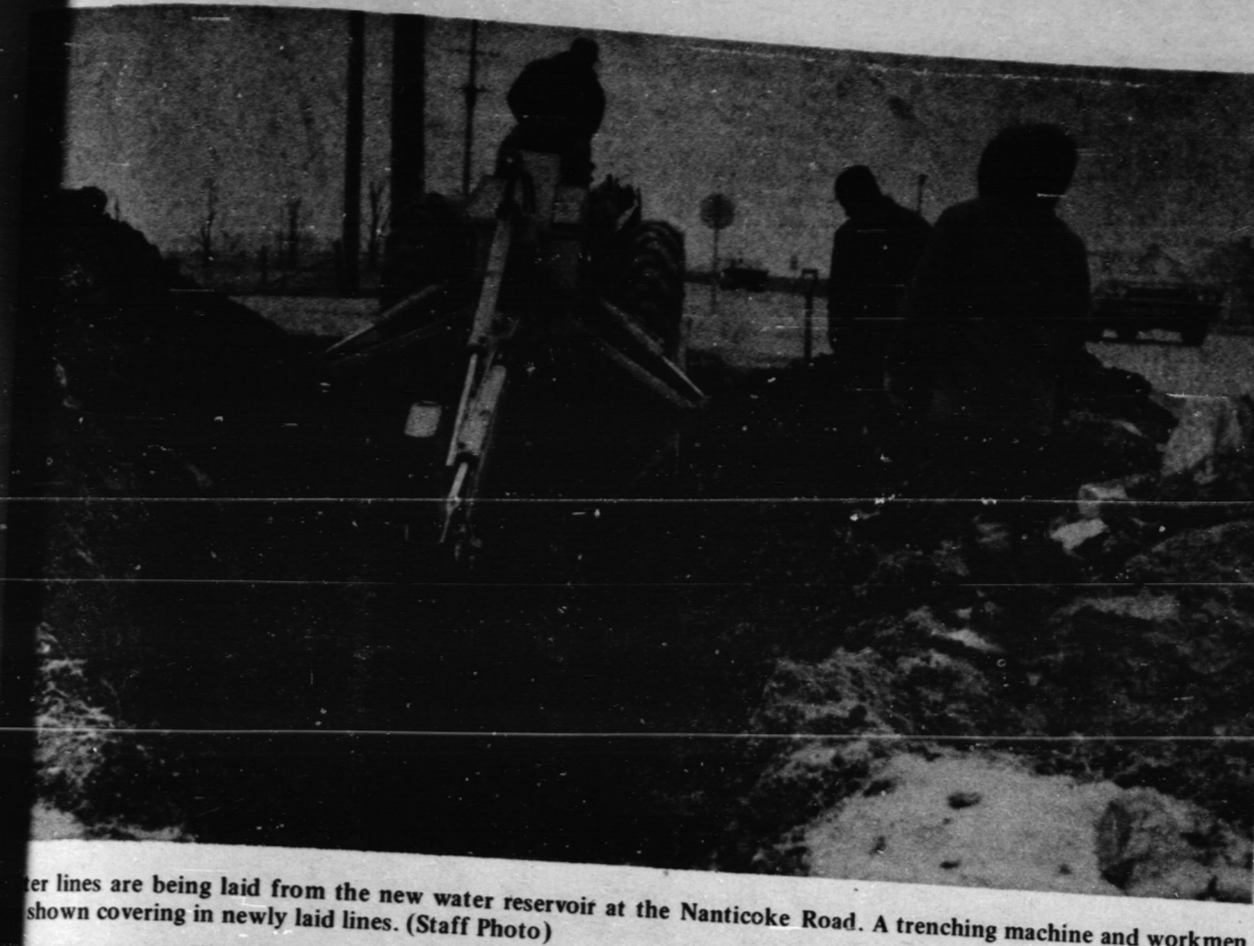
repair the damage resulting from thickening of the coronary arteries which supply the heart vessels with blood and oxygen. In many cases, arteriography will pinpoint potential trouble spots and permit correction to be made before trouble arises. Dr. Arthur Vineberg of Montreal was a pioneer in this field which developed comparatively recently. Consequently, the full effects of these advances are not shown in the period covered by the Foundation's report mentioned above.

The full impact on heart attack death rates by coronary care units, also pioneered by Canadians, has not yet been felt. It has

been established that in-hospital deaths following heart attacks can be reduced by about 30 percent, if the patient receives open coronary care service. In more hospitals installed in units, the reduction in heart attack deaths will become more noticeable. To supplement these other advances, the Foundations throughout Canada have been conducting an educational program to alert Canadians to those factors affecting the risk of having a heart attack, and to inform how the individuals may be lessened. The program will also have an effect on heart attack rates in the future.

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er lines are being laid from the new water reservoir at the Nanticoke Road. A trenching machine and workmen shown covering in newly laid lines. (Staff Photo)

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**Storing Pork**

When you bring fresh pork chops or pork roasts home from the supermarket, remove the store wrapper and pulp tray. The meat can be left on the new foam trays, however, as they are not absorbent. Wipe the surface of the meat with a damp towel and rewrap it loosely in a wax paper or plastic film. Loose wrapping allows some drying of the surface and this retards bacterial growth. Store immediately in the meat compartment of the refrigerator. Plan to use fresh chops or roasts within three to four days after purchase.

Fresh pork freezes well. Closely wrapped in moisture vapor-proof paper or freezer foil, pork roasts will keep well four to five months and pork chops three to four months. Pork has a shorter freezer storage life than beef, because the fat of pork has a tendency to become rancid more quickly than beef fat, even when properly wrapped and frozen. For convenience, package meat in meal-size

portions and label the package with the date, cut and number of servings. Foam or plastic trays offer convenience to the homemaker, because frozen meat does not stick to the material.

Leftover cooked pork roasts or chops should be cooled, well wrapped to prevent drying, and stored in the refrigerator for a maximum of two to three days.

**OPERATION EXPANDS**  
TORONTO (CP) - Maple Leaf Gardens, which in recent years has staged everything from dog shows to opera, is expanding again, to become a promoter of touring shows. During a recent trip to the Soviet Union, Gardens vice-president Harold Ballard signed up the Georgian State Song and Dance Ensemble, which will be taken on an 18-city tour beginning in May by Blue and White Enterprises Ltd., a Gardens subsidiary.

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