

Toronto On The Move



Work is progressing at the site of Canada's tallest condominium, The Fairbanks, a 42-story luxury building. Another high rise structure looms in the background, graphic evidence of progress as the Massey-Ferguson crawler speeds another project in construction being done in the Canadian capital. The city has issued building permits totaling more than \$465 million in the past 17 months.

Sports Camera

by the Canadian Press
Whatever became of John Hiller who only one short year ago was developing into one of Detroit Tigers' fine young hurlers?

The Toronto-born left hander fashioned a 6-6 won-lost record during the 1970 American League season and was being touted as one of the rising stars the Tigers' efforts to recapture some past glory.

His career came to a sudden halt last January when he suffered a heart attack.

"I've been playing professional baseball since 1963," said Hiller in a recent interview from his home in Duluth, Minn., where he continues to follow the Tiger fortunes by radio. "Suddenly I'm faced with the possibility of never playing again."

The attack came without warning.

"I was only 27. At that age, you just don't think such a thing could happen." It occurred while he was drinking a cup of coffee and smoking a cigarette.

"Suddenly I felt a pain in my chest. I put the cigarette out and I felt better. Later when I lit another cigarette, it began to hurt again."

Hiller thought it might have been a recurrence of pneumonia he caught in 1966. But when the pain continued, he called his family doctor who ordered the former Toronto sandler to report to a hospital emergency ward.

down to 155. Now I want to put weight on, but I'm having trouble doing it. I've gained only five pounds in 2½ months. If I get a chance to play again, I'd like to do it at 170."

Hiller was resigned to the fact that the way back was long, bumpy and strenuous.

"I gold a little, run a little, try to get my strength back. I'm even throwing a

Rockford Personals

Nancy Edwards spent last week with her uncle and aunt, Mr. and Mrs. Bob Bryant of Dundas.

Shirley Hall is the guest of her cousin, Janet Hall of Simcoe.

Lynn and Laurie Golding are spending a week at Restall Camp.

Mr. and Mrs. Gordon Howard, Mrs. Wilbert Howard and Mr. and Mrs. Clair Fearman attended the funeral of Mrs. Hazel Howard at Hartford Baptist Church on Friday afternoon.

Donna Petheram is spending a week with her grandparents, Mr. and Mrs. Wm. Petheram of Simcoe.

Mr. and Mrs. Don Chambers and Lorna visited on Sunday afternoon with Mr. and Mrs. Allen Thompson of Hartford.

Mr. and Mrs. Jack Watson of Campbellville visited on Monday evening with Mr. and Mrs. Roy Kenny.

Higher Birth Rate

EDMONTON (CP) - A federal government research physician says his studies indicate a higher birth rate among Eskimos because of increased sugar consumption.

Dr. Otto Schaefer, based at Charles Camshell Hospital here, also reported that the increased sugar resulted in Eskimo children growing two to five inches taller than they did 30 years ago.

As Eskimos switched from nomadic hunters and fishermen to life in established Arctic communities, their intake of soft drinks, candy, biscuits and other forms of sugar, rose sharply.

The same type of growth acceleration had been observed in many developed countries during the last century, Dr. Schaefer said in an interview.

The growth usually was attributed to better nutrition, "in particular to higher protein consumption."

But this theory did not hold for the remarkable growth of the Canadian Eskimo, he said, because he has data demonstrating that there has been "a marked

decrease in protein consumption" by Eskimos.

"This type of growth acceleration seen in developed countries, and now documented in the Canadian Eskimo, occurred likely not due to supply of a previously missing 'building stone,' but rather by addition of a new and unnatural nutrient-sugar.

"This disturbs our metabolism profoundly during growth..."

Many height and weight measurements which formed the basis for comparison were taken by Dr. T.J. Orford, now medical director of the Camshell hospital, between

1936 and 1940.

"Comparing these measurements and those of 1968, there was a remarkable increase in height measurements for both sexes during the growing period."

He said there was an even greater advance noted in the Eskimos' growth spurt."

The increased birth rate were noticeable in the districts of the Arctic where sugar consumption per capita rose to an average of 104.2 pounds in 1967 from 26 pounds in 1959.

Bark from White Birch burns readily and can spread fire for miles.

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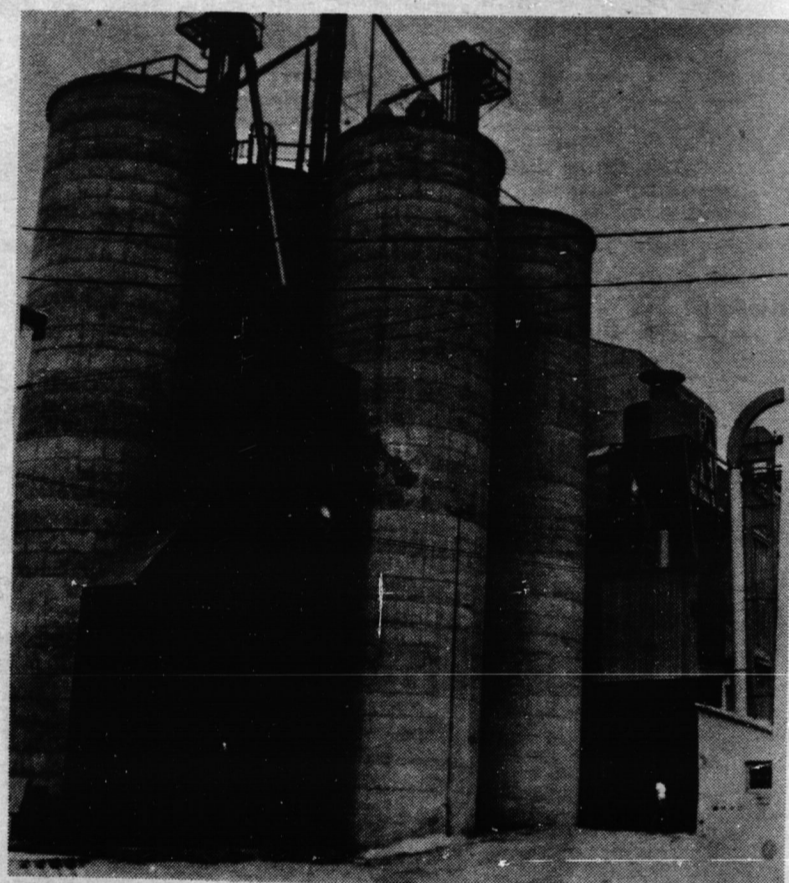
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The Hamilton area men's Institute meeting was held at the Sheraton Connaught Hotel to finalize plans for the Hamilton Area Convention to be held in Hamilton Nov. 1 and 2. Mrs. George Smith of Hagersville acted as Public Relations Officer for the event.

President, Mrs. Norman Haldimand. Those attending from Norfolk were Mrs. Lloyd Ryan of Hagersville, Mrs. Lorne V. Gifford, 1st Vice President and Mrs. Lorne V. Gifford, 2nd Vice President and Mrs. Lorne V. Gifford, Waterford.

Miss Myrtle Johnson of Jarvis and Miss Sylvia Winger of Springvale are among those who left on Monday for a conducted tour to Mackinac Island and other points in the Sault Ste Marie area. They will return on Friday.

Miss Nancy Miller who has been with the Public Health Department at Sudbury for the past two years is enjoying a holiday at her home here.

Mr. and Mrs. Russell More are on a trip to the Canadian West.

Mr. and Mrs. W. C. Parsons with their daughter Shani spent Friday with their other daughter Mr. and Mrs. Paul Richarz in Hamilton.

Mr. and Mrs. C. M. Siple of Gulfport, Florida who have been spending a month at the home of Mr. Siple's sister Mrs. Duxbury and Mr. Duxbury in Jarvis returned to their home on Thursday.

Mr. and Mrs. Alex Duncan have returned from a weeks motor trip to Moosonic and other northern points.

Dr. Eleanor Johnson Grimm is practising pediatrics in Toronto for three months while her husband is taking a special course in New York City.

Cheapside has had a face lift. The hall has been painted outside. Jack Atkinson's short horn cattle barns and farm buildings have had a change of color to white with red trim and name - from red with white trim and name. Others in the neighborhood have had a dress-up in landscape and buildings in readiness for the October ploughing match.

A new family from Kitchener - Mr. and Mrs. Orrie Jantzi have moved into the home vacated by the Gary Tompkins family

and family, the Edwin C. Smith's in Beamsville. Mrs. Mae Musclow is visiting in Dundas.

Mr. and Mrs. Ward Parsons and Shani are spending a week with his parents at Huntsville.

Mrs. Jessie Lowes of Hamilton was a recent visitor with Mrs. Lilian Lowes.

Mr. and Mrs. J. A. Duncan, Robert Yule, and Mrs. Lilian Yule visited in Fonthill recently with Mr. and Mrs. John Donaldson.

Mr. and Mrs. Larry Porritt of Port Stanley were Sunday guests of Larry's grandmother Mrs. A. L. Belbeck.

We are pleased to report that Mrs. John Lyons, who has been in Hagersville Hospital for sometime has been able to return home.

St. Clair Miller a native of this locality has been engaged as a night clerk at the Explorer Inn. Mr. Miller is a native of the Jarvis area having started his career as a banker and later spending five years in World War II, remaining overseas during the cleaning up period. Residing recently in Port Hope his wife is a nurse in the hospital. If all works out satisfactorily they may eventually settle here.

Robert Oke of Goderich has purchased the James Brown lot on Church St.

Mr. and Mrs. George Veigle of Saskatoon are visiting Mrs. Effie Huffman.

Mr. and Mrs. Robert Lysch spent the holiday weekend at Niagara Falls.

Mr. and Mrs. Harold Johnson spent last week in Milwaukee, Wisconsin, the guests of Mr. and Mrs. Norman Bloye.

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Teatime Topics

by Jean Sharp

(CP) - Bakeries and mixes are grand inventions on a hot summer day. They can keep kitchen and cooking time to a minimum. With a little added effort you can even add a home-made touch.

A baker's apple pie can be topped with cheese and cashews. You need: ½ cup cheese spread, one 3½ ounce package of cashew nuts.

Whip cheese spread. Crush 1/3 of the cashews and blend with cheese. Roll mixture into balls the size of walnuts and stick the remaining nuts onto them. Arrange them on top of the pie. Warm pie in oven before serving if you like.

Another suggestion from the bakery foods foundation is a cherry pie trimmed with nuts. You need: 3 tablespoons melted butter, ¼ cup brown sugar, ¾ cup chopped pecans or walnuts, 1 baker's cherry pie.

Combine first three ingredients and spread over pie. Place under broiler and broil for 2 or 3 minutes. To make butterscotch circles, you need: 1 package butterscotch pudding mix, 2½ cups milk, 7 slices pound cake.

Prepare pudding mix according to package

The Clanbrassil Women's Institute held their grandmother's meeting at the Wilson Macdonald School Museum on Tuesday afternoon. Mrs. Bertly Brown of Erie was the guest speaker.

Interest in the Wilson Macdonald School Museum continues to grow. On Sunday last a doctor from Waterloo University signed the register. Many teachers, high school pupils and others find it a breathtaking experience to enter the door for young and old alike and find "Living History" in a 1872 school. Forty-one guests viewed the museum over the holiday weekend.

On Sunday Mrs. Allan Marshall of Waterford with her husband came to the Museum for the first time. She had in some way not received a notice when all relatives of Wilson Macdonald were invited to the opening a few years ago. Mrs. Marshall is the daughter of the poet's brother next to him in age. Needless to say she was thrilled to see the "showplace" this has become.

Eight Jarvis couples enjoyed the Firemen's trip to Peterborough over the weekend.

directions, using 2½ cups milk.

Cut two circles from each piece of pound cake. Place one circle on plate and top with some pudding, then the other circle and more pudding.

To garnish, decorate with whipped cream.

You can make sweet rolls that will serve as dessert or as a lunch, brunch or teatime treat, with a dozen brown and sweet rolls.

For the sweet topping, you need: ½ cup honey, 4 tablespoons butter, 1/3 cup chopped walnuts, ¼ teaspoon cinnamon.

Combine those ingredients and divide into the bottom of each of 12 muffin cups. Place rolls upside down in cups. Bake in a 400-degree oven 12 minutes or until they are golden brown.

You can keep bakery products in your freezer and have them quickly when you want them.

You can store freshly baked and packaged bakery items such as doughnuts, muffins, buns and bread in the freezer. Be sure they are fresh and wrapped in moisture-proof packages. Remember that freezing does not improve a product's freshness.

You can also freeze fruit pies, but the same rules apply.

Damage To Forests

VICTORIA (CP)-The dwarf mistletoe is quick and deadly and has nothing to do with kiss and tell.

A parasitic relative to the romantic plant, the dwarf version is the one common to Canada and causes an estimated \$5 million damage each year to British Columbia forests.

"It doesn't kill the trees quickly," said Dr. R.B. Smith, a forest researcher with the Canadian forest service laboratory here.

But when the plant wants to propagate, a tree doesn't have much chance: The berry-like fruit explodes, sending the sticky seeds out at 50 mile an hour speeds.

"You don't see large areas of devastation the way you would, for example, with a forest fire," Dr. Smith added.

"Basically, the mistletoe slows down growth. Hemlock can suffer a growth loss of 30 to 40 percent a year - although in some pine species, it can kill.

"Its existence in western North America has been

recognized since the First World War."

The leafless dwarf takes four years to produce a berry-like fruit about half the size of a pea. Pods containing one seed each, ripen in the fall, building up tremendous water pressure inside before it bursts.

The seed "is shot 40 to 50 feet and because it is sticky, often ends up on the needles of a branch."

Rain makes the seed slippery so it slides down to the base of a twig, remains there for the winter and then starts its choking spread around the tree.

"The average infested area has 100 to 200 pods," Dr. Smith said. "On a small infested hemlock, we once counted a total of 73,000 pods."

The main methods of control are cutting down the infested trees and slash burning, although pruning infested parts of trees helps.

There are six species of Elm native to North America.

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