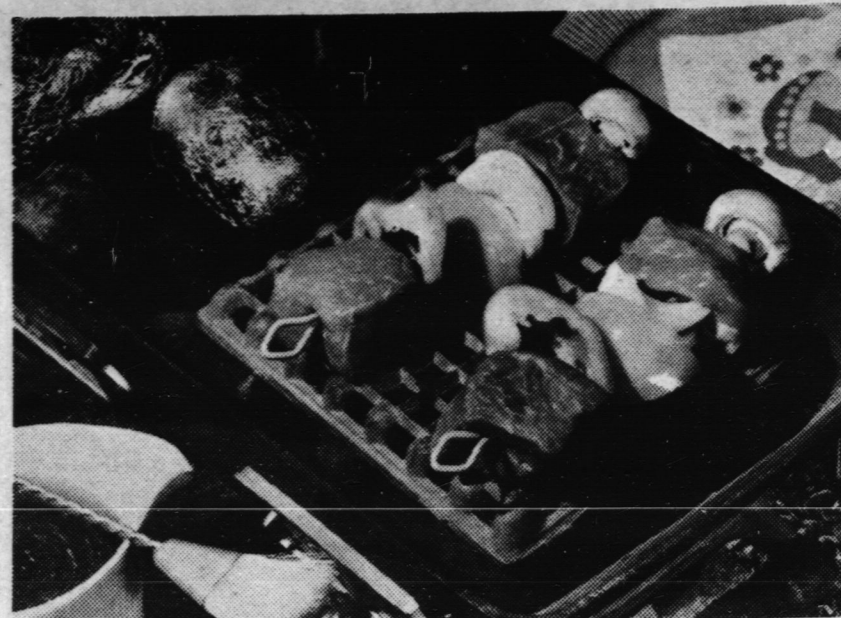


## HABACHI HIGHLIGHTS — BEEF BARBECUE POINTERS



The term "to barbecue" means food cooked over an open fire, coals, in a pit or on a spit.

When barbecuing the larger tender cuts of beef use a meat thermometer and you will be sure the internal temperature reaches the degree of doneness you prefer.

The natural good flavour of barbecued beef can be enhanced by adding sauces, butters or marinades. There are as many variations and combinations of these as there are cooks and ingredients. Barbecue sauces can be used as marinades, basting sauces or an accompaniment or all 3.

Here are 3 types of sauces:

- 1) soy sauce, wine and oil seasoned with garlic
- 2) tomato — base, barbecue sauce
- 3) lemon — butter, seasoned with herbs.

Kabobs are popular, they can be made to look attractive by alternating colourful vegetable or fruit pieces with beef cubes on the skewer.

After man first discovered fire, he soon found out just how delicious cooked meat could be! He learned many methods of cooking over an open fire and hot coals.

Today, nothing can beat the delicious taste of a beef steak or kabob cooked over a barbecue or habachi.

Make sure there is always plenty of food. Fresh air increases everyone's appetite!

## BEEF CUBE KABOBS Serves 4

- 2 pounds beef sirloin cut in 1½" cubes
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon oregano
- 1 cup Burgundy wine
- ¼ cup salad oil
- 2 large onions, quartered
- 2 large tomatoes, quartered
- 1 large green onion cut in 1½" pieces
- ½ pound fresh mushrooms

- Combine first 6 ingredients, cover, let stand in refrigerator overnight, stir occasionally.
- Add vegetables to meat 1 hour before cooking.
- Remove meat and vegetables from marinade and string on skewers alternating meat and vegetables; (Place tomatoes near end).
- Grill until desired degree of doneness, turning frequently; baste with marinade during cooking.

**SIMCOE KINSMEN**

# BINGO

**\$1400 JACKPOT IN 55 NUMBERS \$100 CONSOLATION**

30 GAMES			SIMCOE ARENA
	DOORS OPEN 7:15		GAMES START 8:00
		<b>THURS. JULY 22</b>	
	ADMISSION \$1.00		Bring A Friend
PLAYERS MUST BE 16 YRS			Minimum Prize \$2.00 E.A. Per Game

## Art In The Park

On civic holiday, Aug. 2, in the Hagersville Park, a joint effort sponsored by the Kinsmen Club and the library guild of Hagersville will include a chicken barbecue and an outdoor art show. There will be many interesting types of art to be viewed and purchased by the viewers if they are so inclined. There will be much of our local talent displayed and also some participants from as far away as Toronto.

The barbecue pits will be manned by the Kinsmen who will be cooking up some luscious, succulent chicken to be thoroughly enjoyed. Food for the mind and food for the body — what a marvelous combination! Won't you save the date and join us?

## NEWS From Knowles

Dear friends,

This newsletter will be my final message for this session. The House adjourns for the summer on Wednesday, June 30th at 2 pm. It will resume sittings on September 7.

During this summer recess there will be a minimum of activity on Parliament Hill. However, in cases of emergency, I can normally be reached at my home at RR 3, Langton, phone 875-2173. There will be one brief exception when Vera and I will be travelling in the Maritimes from late July to mid-August. This is the only way I can get a real holiday, namely to get away from the telephone for a brief spell.

Cayuga Interviews: For the information of persons living in the east part of the riding, I will not be in Cayuga on the last Saturdays of July or August. However, for the convenience of my people in this area, I will again make myself available for interviews beginning September 25th, in the Cayuga Village Council Chambers.

The Benson Budget: Mr. Stanfield, in his analysis of the budget presented in the House of Commons on June 18th, had these observations to make.

1. The Opposition has been calling for the removal of the 3 percent surtax for the past year, and the government has finally listened.

2. We have been demanding measures to help taxpayers at the lower end of the income scale and many older Canadians, also for over a year. The government has consented to this also.

3. We have been asking for the sales tax on anti-pollution equipment to be removed as an aid to municipalities forced to install this expensive equipment. The government has listened to this.

The Budget and the Farmer: 1. Farmers and fishermen are permitted to continue to calculate income on a cash basis and retain the special averaging provisions.

2. The present basic herd provisions have been abolished. The basic herd concept is now taken care of under capital gains, which are now taxable. It is important that every livestock farmer establish a capital value of a basic herd as of December 31st, 1971. It will be from this base that capital gains or loss will be computed.

3. Straight line depreciation on farm machinery is phased out.

4. The new capital gains tax will seriously affect the

larger farms. In effect the Minister has traded the capital gains tax for the estate tax.

Opportunities for Youth Program:

When first announced this program to provide funds to assist young people in worthwhile projects was hailed on all sides of the House as a first rate idea. As the program begins to operate it is obvious that the program was too hastily conceived and is being operated without proper supervision. A total of almost twenty-five million dollars of the taxpayers money is being frittered away in many cases to totally irresponsible people.

A case in point is a cheque for \$3,500 made out to an American draft dodger in the City of Guelph to establish a communal store for a hippie community. Fortunately, Mr. Hales the member for Guelph intercepted the cheque and returned it to the responsible Minister.

Legislation Before the House in the Month of June:

The opposition is often accused by the government of obstructing useful legislation. To illustrate how obviously misleading such a statement is, it is only necessary to point out that as the House of Commons headed toward its summer recess a total of seven pieces of legislation were passed through the House of Commons since June 9. In the short space of one week the House approved controversial amendments

to the Unemployment Insurance Act; an increase in first class postal rates from six to eight cents; a wage of Federal Government employees from \$1.65 to \$1.75 per hour.

The unemployment insurance amendments were passed only after a heated debate. Opponents of the amendments had strenuously opposed the inclusion of teachers in the scheme largely on the grounds that the education came under Provincial jurisdiction. The fee of the teacher's insurance will be paid by the school boards which mean a substantial increase in education budgets already badly strained.

Bill C-224, known as the Clean Air Act was one of the items of legislation passed during this period. As the name implies, the purpose of this bill was to control air pollution. The Member of Parliament who part in the debate on the proposed amendment to the Act. I felt that farmers who suspected that air pollution was the cause of damage to their tobacco, fruit or vegetable crops, should have written in the Act authority to cause an official investigation of the problem to be launched. My proposal was based on the fear of persons residing in the area of the Nanticoke Hydro Generating Station that pollution from the large chimney might have a damaging effect on their crops.

Sincerely,  
Bill Knowles

## Golden Horseshoe Antique Society

"UP-COME-TWO"

Countdown not only for Apollo 15 next week, but for the civic holiday show in Caledonia.

Perhaps the one big thing that makes this show unique is the erection each year of a yester year village along Horseshoe Avenue. The first show was for the Centennial in 1967, when a Gas-era Village was erected with barn boards, replicas of those of the turn of the century. After the show each year, these buildings are taken down and stored for another year to be erected on the same spot. This entails a great deal of time and labor by the committee, and if one were to drive past the Caledonia Fair grounds a week previous to the show, one would think it looked like an old time barn raising bee.

To help reduce the risk of heart attack, the Ontario Heart Foundation recommends a diet that is low in animal fats and cholesterol-rich foods, such as eggs and organ meats.

## Teatime Topics

by Jean Sharp

(CP) — If your husband, an enthusiastic fisherman, you might check with your nearest fishery officials on the status of his favorite fishing spot. If the water he fished in has not been declared condemned, the fish is safe to eat, says a release from the Food and Drug Directorate of the department of national health and welfare.

It says a lot of questions are being asked about mercury in fish because of recent stories that a dangerous amount has been found in some fish from some waters.

The release says the FDD has conducted extensive studies that indicate that except for some types of fish and game birds in some areas, foods contain only insignificant amounts of mercury.

It has been known for more than 30 years that

small trace quantities of mercury occur naturally in food.

The release says a monitoring program ensures you are not buying fish contaminated with mercury. The inspection branch of the federal department of fisheries and forestry inspects domestic fish at factory level and imported fish at the warehouse level. Fish containing more than 0.5 parts per million do not reach retail outlets and are not available for sale.

The Food and Drug Directorate also maintains a surveillance program of foods through its regional laboratories.

The tolerance level is the maximum amount of a substance (for instance, mercury) that is permitted in or on a food (in this case fish). It is usually expressed in p.p.m., as in 0.5 parts per million of mercury.

Parts per million expresses the parts by

weight of substance per million parts by weight of a food. For example, if you were to order one p.p.m. maple syrup on pancakes you would receive one teaspoon (¼ ounce) with 260,000 pancakes (15,000 pounds).

After assessing the safety of mercury residues in fish, the FDD set the 0.5 pp.p.m. level as a temporary guideline. The guideline applies to fish only.

Small amounts of mercury are excreted from the body. If consumption is higher than excretion, accumulation results. The purpose of the guideline is to ensure there is no accumulation.

If you eat fish from commercial channels or caught in waters in which fishing has not been banned, it poses no hazard to health.

If fish is a favorite source of protein for your family, it is wise to choose a variety of fish from the assortment available on the market.

### PACIFIERS HELP PREVENT CROOKED TEETH

Babies who suck pacifiers will usually have straighter teeth than those who suck their thumbs or fingers, according to a group of University of Toronto dental scientists.

Children of five age groups were studied at the Burlington (Ontario) Orthodontic Research Centre over 19 years. Children who sucked their thumbs and fingers were found more likely to have crooked teeth. And the amount of displaced teeth varied with the intensity and duration of the habit.

However, those children who stopped sucking their thumbs before the age of six years, had no more than a normal prevalence of crooked teeth.

Those who were allowed pacifiers were less than half as likely to have crooked teeth as those who used teething rings, or had no pacifiers.

PROPOSE ABOLITION TORONTO (CP) — The management committee of the Toronto board of education has proposed abolition of corporal punishment in schools. The trustees took this action after receiving a report showing the use of the strap has declined in the last school year.

Miss Gail Ann Gladish the daughter of Mr. and Mrs. Dallas R. Gladish (nee Loren Leatherdale) was wed to Roy Davidson Jackson on Saturday evening, June 26, at the First Christian Church, Cape Girardeau, Missouri. The double ring ceremony was performed by the Rev. Max Jenkins.

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## Lofthouse—Nie



Mr. and Mrs. Stanley Lofthouse

In a candlelight service in Cheapside United Church on June 12, Miss Lois Ena Nie and Mr. Stanley Wilfred Lofthouse were united in marriage. Philip Nie, brother of the bride was candle bearer and the double ring ceremony was performed by Mr. G. A. Creaser and Rev. Ronald Lofthouse, uncle of the groom.

The bride is the daughter of Mr. and Mrs. Harold Nie of RR 1, Selkirk and the groom is the son of Mr. and Mrs. Glen Lofthouse of RR 1, Nanticoke.

Given in marriage by her father, the bride wore a floor length gown of silk organza with point-de-venise

applique and Juliet sleeves. Her shoulder length veil was held by a headpiece of pearl and crystal flowers and she carried a cascade of tiny pink roses and white carnations.

Linda Nie, twin sister of the bride was maid of honor. Vonita Nie, sister of the bride and Patricia Schwyer, friend of the bride were bridesmaids. They wore matching floor length gowns of lilac lotus crepe and carried bouquets of white carnations and roses.

Miss Karen Lofthouse, sister of the groom was flower girl and her floor length gown matched those of the bridesmaid. She

carried a basket of pink roses, white carnations and baby's breath. Dennis Lofthouse, brother of the groom was ring bearer.

Larry Lofthouse was his brothers best man. Robert Lofthouse, cousin of the groom and Emerson Nie cousin of the bride were ushers.

Mrs. Gerald Willis was organist and Mrs. Ida K. MacMillan, friend of the bride sang — Through the Years and Wedding Prayer.

Following the ceremony, a reception was held at the church for 80 guests.

After a short honeymoon trip to Northern Ontario the couple are presently residing in Jarvis.

## Faith Centennial UCW Meeting

The July meeting of Faith Centennial UCW Selkirk met in the Fellowship Hall on Wednesday evening July 14 at 8 p.m.

In the absence of the President the Vice-President Mrs. John Hunter opened the meeting with a call to worship and the hymn I've Found a Friend followed by prayer. Twenty-six ladies answered the roll call with three visitors. Used clothing is to be packed and sent to Kitchener on Tuesday July 20 at 9 a.m.

The meeting was then turned over to the Christian Stewardship convener Mrs. Stanley Sheppard. The study this month was on Mexico. Mrs. Harry Freeman told of the way of life of the Mexicans and their culture. She had a display of Mexican clothing and arts. Mrs. David Kernaghan told of the climate, industry and natural resources of Mexico. A story was told by Mrs. Stanley Sheppard of a

Mexican basket weaver followed by a discussion on the story. Mrs. John Bretzler took the scripture of Luke 12 from the Living Gospels after which she led

in prayer.

The meeting was closed with the hymn Sun of My Soul and the Benediction. Lunch was served by the committee.

### SIMCOE DRIVE-IN

WED. 21, THU. 22, FRI. 23, SAT. 24

### THERE'S A GIRL IN MY SOUP

and Adult Entertainment

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