

Lean New Pork Is Boon To Weight Conscious

Citing what he termed the most dramatic breakthrough in the marketing of pork products in many years, Blake Snobelen, Chairman of the Ontario Pork Producers Marketing Board lauded the Canadian Association of Organizations for Weight Watchers for their decision to place pork in the family meal plan. He said the move followed studies by nutritionists and dietitians, and that weight watchers had been

giving extensive advertising support to the move. Snobelen said the move would undoubtedly lead to renewed consideration of pork's benefits in the diet by some segments of the medical community who have maintained "a rigid indifference to scientific facts about changes in pork products through recent decades."

"There are still some old-fashioned doctors in our country," he said.

Snobelen quoted Dr. Philip L. White, Secretary of the Council on Foods and Nutrition for the American Medical Association, who called pork "generally the most nutritious of all meats."

He also repeated a recent statement by a spokesman for the Ontario Ministry of Agriculture noting that fat and lard in pork had decreased 26 per cent through a 12-year study period.

Producers throughout Ontario were pleased with the weight watchers' announcement, he said, since the per capita consumption of pork was bound to benefit. "A better market for pork is on the way," he said.

He said the program was being carried out by weight watchers across Canada. In Ontario, a total of 101 towns and cities were involved, with about twice that number of chapters.

In the latest issue of Counterweight, the All-Canadian Magazine for Weight Watchers, a full page feature points up the flavourful and nutritional recipes for spareribs, crown roast of pork, and loin chops. A second feature outlines "How to Cook Back Bacon."

The heading on the article is "Pork Brings New Flavour to Weight-Watching Meals."

Meanwhile, the Chairman of the Marketing and Development Committee of the Ontario Pork Producers Marketing Board, and Vice-Chairman of the Ontario Pork Institute, Bill Bilderback of Putnam, Ontario, said that the education and marketing information campaign for the pork industry would be given increased tempo in 1973. Emphasis would be given to the nutritional values of what he called "the new pork," along with attention to

its leanness compared with the product of years ago.

He said major techniques for the information project would include a textbook for classroom use by students and teachers, and also the production of a motion picture film on the subject. A mobile film/display unit would take the educational materials throughout the Province.

"We also have plans to enlist the help of our County organizations in reaching some medical people with the facts about new pork," he said.

Want To Cash Cheques Friday Night?

Saturday morning maybe? Open an account with Guaranty Trust. Pay by cheque. Open Friday night and Saturday morning. Get your cheques back - with a monthly statement. Open six days a week. Service hours to suit you!

Guaranty Trust
COMPANY OF CANADA
Corner of Norfolk and Robinson Streets, Simcoe

TOWNSHIP OF WALPOLE

REQUIRES PERSON

FOR

GENERAL ROAD WORK

APPLICANT MUST HAVE

CHAUFFEUR'S LICENCE

Please apply - stating age and experience to Clerk of Township of Walpole, Walpole Municipal Jarvis, Ont.

on or before March 22, 1973.

Please mark envelope

"EMPLOYMENT WANTED"

Gestapo Tactics

Continued From Page 1

fluent in English and have immigrated to Canada from countries where having government officials enter a person's home can be a terrifying experience. These people are often intimidated and tricked

by benefit - control officers to sign statements that are later used to disqualify them for unemployment insurance benefits. This is unjust and unworthy of any government in Canada."

Mr. Knowles concluded that such zealous

measures to disqualify seasonal agriculture workers a result of this government's cynical and complacent response to the unemployment problem in Canada.

"The Government is embarrassed by massive unemployment, but instead of moving decisively to create full employment, it has been going out on a rather odious campaign to reduce the unemployment by disqualifying those on unemployment insurance. The fact is there are no significant employment opportunities for our seasonal agriculture workers right now and that is the injustice in our society and that is what should be challenging the energies of this government's bureaucrats."

Nanticoke Brings In

Continued From Page 1

construction activity in the county. The project accounted for about 87 percent of the estimated value of building proposed in 1972.

In 1971, construction of Nanticoke's thermal generating plant was valued at \$91 million. Ontario Hydro accounted for \$95 million of the \$99 million worth of proposed construction in Haldimand last year.

Nearly half of the 4,400 construction workers active in Haldimand county in 1972 were employed by Ontario Hydro.

"The construction of the plant began in 1968 with a work force of 500 people," said Mr. Pearce in his annual report.

"By 1971 this work force had increased to 2,250 construction workers and declined to 1,800 in 1972. Approximately 1,800 will be employed during 1973 and 1974, 1,500 in 1975, 1,100 in 1976 and 500 in 1977.

Last year residential construction rose to almost \$2 million dollars. The value of the permits issued in 1972 was \$5,527,000 compared with \$3,896,000 in 1971.

The value of the proposed building in the commercial - institutional field dropped from \$5 million in 1971 to \$3 1/2 million last year. Agriculture construction was about \$1 million in both 1971 and 1972.

Mr. Pearce said the number of major projects also increased from 318 in 1971 to 350 in 1972.

Up Date Business Forms



Work sheets, file cards, ledgers, stationery . . . all an integral part of business. See us for what you need in print. We're glad to give estimates.

THE **WH RECORD**
JARVIS 587-2223

Acorns & Icons

THE ROUNDERS' LATEST ROUND by Mac Brockman

As a young man in Vancouver some years ago an accident gave me several weeks of enforced idleness. Virtually alone in the big city, I spent much of my leisure time in a pool room. It was there that I became aware of a breed of people foreign to my upbringing.

They were called 'rounders'. Some enjoyed a livelihood from gambling at pool, cards or the races; some were on unemployment insurance; some lived off women; still others from crime. To me the surprising feature of their makeup was that these men prided themselves on the fact that they did not work for a living. I never quite determined whether the term 'rounder' was adopted because they made the rounds of the billiard parlours, gambling games and race-tracks, or because they were resolved to take a round out of society.

It is ironic that such people should have a grudge against the system, for it is only in a free society like our own that they abound. Totalitarian governments do not tolerate parasites. We do, and rightly so. Democracy places great importance on the rights of the individual.

It is one thing to tolerate the existence of the sponger; however, it is quite another to encourage him. That is precisely what Mr. Trudeau and his Cabinet did, and therein lies one reason I am sure why the Canadian electorate did not give the Liberals a majority government last October 30.

I refer first to a speech made by the Prime Minister in Victoriaville, Quebec, reported in the Montreal Gazette under the by-line of George Radwanski. "The (Mr. Trudeau) went even beyond this philosophical musing, to the point of suggesting that there is nothing wrong with a deliberate decision to collect unemployment insurance rather than work."

Heady stuff! Its appeal goes far beyond your run-of-the-mill sponger. Even Mr. Radwanski was impressed, applauding Mr. Trudeau for his honesty in attacking the question of the leisure society. And Mr. Radwanski is associate editor of the Gazette, traditionally a conservative newspaper!

If we follow Mr. Trudeau's suggestion that the aim of man in society is not to work, but to realize his own potential, we are faced with the conundrum: Who is to pay the idle to be idle? Obviously, you and I, the taxpayers.

Unfortunately, the Prime Minister's thinking was not confined to the hustings, but was reflected in the Cabinet and in government policy (translate 'spending'). Witness an advertisement by the Unemployment Insurance Commission. It read in full:

We aim to serve you better. Last month we mailed 466,000 cheques to 265,000 claimants in the province of Quebec. Several hundred came back undelivered to our offices. Have you changed your address and not told us? If so, do it now. Most Canadians are quite willing to help pay for the poverty stricken, but not for the rounder. Obviously, if the recipient of unemployment insurance neglects to inform the Commission of a change of address, he cannot be all that destitute. A government which buys extensive advertising space so as to know where to send his money not only encourages him to be idle, but also betrays the public trust. This betrayal was probably the major factor in the loss suffered by the Liberals at the polls in the last general election.

Gardening Hints

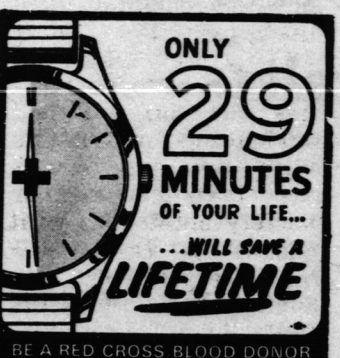
Many gardeners start to get ready for the spring growing season when the winter days begin to lengthen and brighten, says R. F. Gomme, horticultural specialist, Ontario Ministry of Agriculture and Food.

Gardening jobs such as pruning and planting can be done much easier if tools are sharp and in good working order. Sharpen the cutting edges of spades and hoes with a file. Scrape dirt and surface rust from flat metal areas and rub them with oil. To avoid misplacing garden tools during the growing season, paint a brightly colored stripe on tool handles.

The weight of ice and heavy wet snow can damage ornamentals and evergreens. Carefully shake snow off the branches after a snowfall. If branches are coated with ice, it's best to wait until the ice has started to melt before shaking it off.

Inspect gladioli corms and dahlias for possible disease, then clean and ready them for spring planting. Begonias should also be checked for mildew or rot and diseased tubers discarded.

If your garden is planted with many different types of annuals, you might want to try growing them indoors from seed. Order your seed and fill plant flats or pots with a rich potting soil. A mixture of 7 parts loam, 3 parts peat, and 2 parts sand



Prize Winners

Prize winners at last week's hosiery and dessert party held in the Hagersville Parish Hall were: Ladies High - 399, Mrs. George McBurney; Ladies Second - 351, Mrs. Edna Cowan; Ladies Third - 348, Mrs. Gilbertson; Most Hoses - Ladies, Mrs. Ruth Jepson (5); Oldest Lady Present (92 Years Young) - Mrs. H. Huffman of Jarvis; Ladies Hidden Score (222) - Mrs. Helen Smith; Mens High - 380, Gerry

Snyder; Mens Second - 354, Mrs. Mary Ford (using mens score card); Man's third - 359, Ruby Jepson (using man's score card); Oldest man present (89 years young) - Mr. Charlie Brown of Jarvis; Most Hoses Men - Howard Hewitt (5); Hidden Score Men (202) - Allan Smith; Couple coming the greatest distance - Mr. and Mrs. Harry Fearman.

Soil Testing On Texaco Property

Plans for a proposed \$80-million oil refinery to be built by Texaco Canada at the Nanticoke Industrial Development site are still in the design stages but a soil testing program is nearing completion on the site.

The testing program which involves rock core samples and soil tests, was started two years ago and was resumed about two weeks ago. The tests should be completed within the next two weeks.

Brian Dowse, spokesman for Golder Associates, of London, an engineering firm in charge of the soil investigations, said this week the tests will play an active part in the design of the building.

Mr. Dowse said he understands the refinery is in the design stages and construction could possibly begin in the summer of 1974.

The refinery is rumored to be one of the largest of its type to be built by Texaco.

Present testing operations are being carried out on the site of Harewood Acres purchased by Texaco about three years ago. The land was the site of the former RCAF No. 1 Bombing and Gunnery School during World War 2 and was later used as a racing car speedway under the name Harewood Acres. Texaco purchased a total of 1,300 acres for the project, a part adjoining the Ontario Hydro Generating Station property which extends to the Lake Erie shoreline.

The Harewood Acres property is at the north end of the 1,300 acre tract of land.

DANCE

Sponsored by Jarvis Lions at Jarvis Community Hall. SAT., MARCH 10 Dancing 9 p.m. - 12:30 a.m. MUSIC BY DON LEATHERDALE

ST. PATRICK'S DANCE

HAGERSVILLE LEGION SAT. MARCH 10 MUSIC BY THE "SERENADERS FOUR" Dancing 9 p.m. - 1 a.m. Admission: \$3 per couple

Culvers' Appliances Ltd.

SALES AND SERVICE

20 King St. E., HAGERSVILLE - Phone: 768-3411

WE FEATURE: TV's - Zenith, Motorola, Admiral, G.E. and Electrohome APPLIANCES - G.E., Maytag, Inglis and Admiral Also MUSIC INSTRUMENTS and SUPPLIES

CN
We serve you.

PASSENGER

5 Wadsworth St.
Brantford
Zenith 00650

CARLOAD

15 Wadsworth St.
Brantford
Zenith 00650

EXPRESS

General Inquiries
241 Stuart St.
Hamilton
Zenith 00550

Pick Up & On Hand
At Station
587-2262

TELECOMMUNICATIONS

25 Hughson St.
Hamilton
Zenith 52100

NORFOLK & WESTERN RAILWAY

Norfolk St. North
Simcoe
426-0485