THE CONSCIENTIOUS fisherman isn't greedy. In fact, he'll return any part of his catch that he doesn't

-Home Town Studio require for the next angler to entice. Here, one such sportsman returns a fish to its stream.

## ONTARIO OUTDOORS Timagami Region Recreation Area

BY BOB OLLIVIER Many people know of the Timagami region and the recreation that it provides. Fishing is for lake trout, walleye, pike and bass. This region is situated just north of North Bay, on High-

Canoe trip cutfiters are available, along with fly-in trips and cabin or cottage areas. If you have been looking for a place to give the family a change of pace, this could be the place to go.

For more information about this region, write to Clara McNulty, Timagami and District Chamber of Commerce, Box 57,

Temagamil Ont. A few weeks ago, I wrote of a bass that eluded all fishermen for 12 years. Someone asked me how they determined the age of the fish. This is why the ministry of natural resources collects and studies the scales from fish.

Each ring denotes a year of growth. This particular largemouth bass was 22 inches and five pounds and stayed in the same area for the 12 years and never moved more than a few yards, according to the protection it needed according to weather and the like.

You may send scale samples to the ministry at any time and they will return the information to you about the fish, the same as a tagged fish.

Remove a half dozen scales from the side of the fish just under the dorsal fin. Also, give the species of fish, the length and approximate weight. Place to fish for bass nearby is Valens Conservation area. Go go Campbellville, turn right on the main road until you reach Highway 6, turn left (south) and take the first road at Freelton. Follow the signs. You will find that this lake is stocked with bass every year. Pike also are stocked in this lake, and there is a wildlife sanctuary with a waterfowl observation platform at the far end of the lake.

This summer, watch for sun burn, heat exhaustion or sun stroke. If you skin feels on fire and you feel sick or dizzy, get first aid fast. Fill a bath tub with water at body temperature, and dissolve a medium size box of corn starch in it. A soaking in this water for half an hour will dissipate body heat and relieve nausea and dizziness along with the intense burning. Remember that first aid is only a temporary measure, and you should call a doctor if the case is excessive, in the instance of heat exhaustion, especially.

MY SONS WILL BE HUNTERS-

Why should I teach my son or daughter to hunt? Why should I encourage his killing of birds and animals? There is too much violence in the world today; why add to it?

These are questions asked by non-hunters, who see in hunting a lust to kill; a greed for filling freezers. They envision hunters carelessly handling firearms, maiming or killing themselves or others, while foolishly pursuing what some psychologists term as the search for manhood. Spoilers of the sport-and there are too many-have created

these illusions. Through their actions and philosophies they have clouded the very real values of hunting, especially as they pertain to youngsters. In actuality, hunting is an education spiced with competition

and satisfaction. Within the boundaries of field and stream-and with proper guidance-a boy takes great strides in becoming a man.

A hunter is not a trigger puller. He is a student of the environment and its relationships with birds and animals. He must recognize habitat suitable for the various species of wildlife, and he must understand what makes it suitable.

This may not be a technical education in forestry, plant ecology or game management, but it is a start toward realizing the importance of these resources. And it is a beginning toward the appreciation of these woods and waters and of the proper

management of them. These things a boy learns as he is taught to hunt. He also learns, without sex symbols, about the propagation of species, and he can properly relate it with all other aspects of life. He learns, too, that over-abundance of a certain species is

leveled through disease, predation and starvation...and that for hunters to harvest the surplus is neither detrimental nor sinful. Here, too, he is taught moderation...that harvesting must not exceed the bounds. He is taught respect for the law, and the

reasons behind the laws. These lessons are tearned in the atmosphere of fun and competition. A boy works hard to become a good shot, and the downed game attests to his skill. This gives him satisfaction. At the same time, the boy is taught keen respect for firearms with illustrations of their power. Safety becomes his responsibility. All of these things-education, understanding, appreciation,

responsibility, satisfaction, sportsmanship—can be instilled in a boy while hunting. . And that is why I will teach my sons to hunt. Reprinted from Wisconsin Conservation Nov.-Dec. Bulletin.

WHATS IN OUR PARKS-

Devil's Glen Provincial Park, is located 10 miles south of Collingwood on Highway 24. There are facilities for camping and daytime use, but there is no swimming. This is an area for the walker because this borders on the Mad River, with a trail marked out.

Devil's Glen is a 500-foot-wide gorge which runs along the Mad River and the view is breathtaking, an ideal location for the

Springwater Provincial Park lies six miles west of Barrie on Highway 26. This is an unique area for daytime recreation use. Picnic areas for family or group use, and an animal exhibit which includes bear, wolf, coyote, deer, beaver, racoon, skunk, por-cupine and a wide variety of pheasants and waterfowl. Brook trout and goldfish can be found in the ponds, and the park is surrounded by a beautiful man made forest with a wide variety of tree species. I sure hope you enjoy this summer in ONTARIO OUTDOORS.

### Droplets Of Gasoline Can Damage The Lungs

warns the Ontario Safety do the job. League. Dr. Sorell Schwartz, associate professor of pharmacology and researcher in lung defense mechanisms at accidents while backing their Georgetown University in the U.S., has found that aspirating backing, make use of llouid gasoline into the lungs is bystanders whenever possible. an immediate hazard. It can They can help a lot. But you cause rapid, severe and fatal

gasoline. The vapors alone can have a a toxic effect. If liquid gas is swallowed, the doctor reports, it can cause heart problems, damage to internal organs, depression of the central nervous system. Should gasoline be swallowed, do not try to administer your own first aid, but seek medical help

immediately. The only remedy for built the greatest of the droweiness and fatigue is pyramids. His Egyptian name plenty of sleep, the Ontario is Khufu.

Priming a siphon with your Safety League reminds mouth is dangerous and idiotic, vacationing drivers. Pills won't

Almost six thousand drivers in Ontario were involved in vehicles in 1972. When you're can't depend on them entirely. lung damage from very small It's still your responsibility to amounts, even droplets, of avoid a backing accident. You can't pass the buck to the guy who lends a helping hand, says the Ontario Safety League.

> Lane changes are a major cause of highway accidents, states the Ontario Safety League. Look before you leap.

Cheops is the Greek name for the Egyptian monarch who

#### UNION GAS

## Contract Offer Is Not Accepted

"We made them a heliuva good offer and it wasn't accepted!" That's the way Union Gas Limited's manager of labor relations and chief negotiator Michael Ternovan summarized the breakdown of negotiations between the company and its two unions.

The Oil, Chemical and Atomic Workers' and the In-ternational Chemical Workers' unions struck Union Gas Feb. 6, idling 1,000 operating and office personnel.

"The company's offer," Mr. Ternovan said, "will increase in premiums for overtime, shift resolved, by far, the majority of

more than 30 per cent over the "When you add to proposal is in line with most

ICW bargaining team a set- cent paid by the company-the tlement proposal which in value of our settlement cluded an immediate wage proposal actually exceeds 30 increase of 13.5 per cent, a percent.
further 45 cents per hour on "We really thought our offer

"When you add to this a new contract period. We believe our dental insurance plan, which we've offered for the first time, other recent settlements, both plus more liberal vacations and in and out of the gas industry." improvements in all the Union Gas offered the OCAW existing benefit plans-100 per

Jan. 1, 1975 plus a cost-of-living would produce a settlement," allowance which could reach a Mr. Ternovan added, "in view further 25 cents per hour. The of the economic offer plus the company also offered increases fact that we had already

unions' original list.

plus more liberal vacations and how the company offer could be improvements in all the unacceptable."

CIRCULATION 877-2201

the more than 100 items on the "Under these circumstances

we simply can't understand

HERALD

held at GDHS.

The Teen program, run by

Janet Henderson and Bill The Teen program which has been receiving much attention Bonner, obtains its movies from film distributors in since its commencing on July Toronto and shows them on 2nd, has done it again! Wed-Wednesdays, Last Wednesday nesday night's movie "Brother was the first of the films to be Sun and Sister Moon" was

fantastic. The movie was on a shown throughout the summer. Although attendance figures religious theme and was big on for the Teen program's first big effects and had a good message film feature were rather that stuck even after you left disappointing, the figures for their Friday night dance were the showing. Superb costuming and fine acting highlighted the more encouraging. About 400 movie which was shown for free people showed up to enjoy and dance to the sounds of at GDHS. This film was to be held at Cedarvale but because "Thundermug".
It is hoped that the next dance of the possibility of rain it was

will fare as well.

Teen Program Does It Again

LIMESTONE' ALL SIZES A&B GRAVEL FILL AND TOP SOIL

'BUD' HAINES

3 DURHAM ST.

877-3302 OR 877-4593

ams SALAD Month

CUCUMBERS ENGLISH ROMAINE LETTUCE

CANADA NO. 1 GRADE, ONTARIO GROWN, LONG, SEEDLESS

Ida Burns Consumer Consultants

The A&P Consultant team is available to you for advice on any food or entertaining problem,

Write to us for our booklets:

a. So You're Shapping For Two

b. Meal Planning and Shopping Guide For the Older Person

c. Shopping To Save At A&P WEO

d. Lunch for the Children

IDA BURNS & ASSOCIATES INC. 1260 Lakeshare Road East Mississauga, Ontaria

# Cash-in on these Good Values O

SUPER-RIGHT CANADA GRADE "A" BEEF

BLADE OR SHORT RIB ROASTS

WHERE ECONOMY ORIGINATES

148 VAC PAC

14c-LB LOWER THAN A YEAR AGO

SHOPSY - COLE SLAW OR

4c LOWER THAN A YEAR AGO! 24 0Z CARTON 68¢

TOWN CLUB. SWEET PICKLED

VAC PAC 1689¢

TOWN CLUB, SLICED

19c LB LOWER THAN A YEAR AGO! 1-LB VAC PAC 99¢

SIDE BACON

PRIDE OF CANADA, SLICED

**BOLOGNA** 

16-0Z VAC PAC 85¢

SX BRAND, NIAGARA COIL

POLISH SAUSAGE

BURNS BRAND, STORE PACK, BEEF & PORK

16 78¢

16 **78**€

CANADA GRADE "A" BEEF BONE IN, POT ROAST

Super-Right Canada Grade "A" Beef 10c LB LOWER THAN A YEAR AGO! BLADE BONE REMOVED

**BLADE ROAST** BLADE STEAKS 15

CROSS RIB ROAST

CROSS RIB STEAKS \$1.38 Ib \$1.28 STEWING BEEF

15 \$1.08 GROUND CHUCK



**Bathroom Tissue** 

AUSTRAL FANCY, HALVES **Bartlett Pears** 

B.B.Q., HAMBURGER, HOT DOG 12-11-oz jar 39¢ Heinz Relish

ACTION PRICED! pkg of 2 rolls 79 g ACTION PRICED! 28-fl-oz tin 69¢ ACTION PRICED!

**Action Priced!** DICKLES



Meat Pies STOUFFERS 10-oz pie 79¢

ACTION PRICED! STOUFFERS, FROZEN Macaroni & Cheese 12.02 pkg 59¢

PARFAIT INSTANT PUDDING MIXES, 3 Flavours ACTION PRICED! Robin Hood

ROOM AIR PRESHENCE

14-02 agrosol lin \$1.29 3 5-02 pkgs 79¢

ACTION PRICED!

POWDER DETERGENT ACTION PRICED! **Sunlight Powder** KING SIZE, 5-LB BOX

Fine Quality Baked Goods at Money-Saving Prices! Save 10¢

JANE PARKER, SPICY, RAISIN RICH!

BAR CAKE



full 8-inch pie each 69¢

8-oz pkg 59¢

JANE PARKER, FROSTED **Ball Donuts** 

Cinnamon Rolls

JANE PARKER, SUGAR OR

JANT PARKER

6%-OZ PKGS

POLY PKG OF 2

VIENNA 14-DZ PUMPERNICKEL 14-OI PLAIN OR SEEDED JEWISH BYE 14-02

JANE PARKER, 2 WHITE OR 1 WHITE & 1 WHEAT (SAYE &c)

Bread "AROWN " pkg of two 8-oz loaves 39 6

ARP SUNMIX ORANGE FLAVOUR CRYSTALS

Gruyere Cheese PRINCE EDWARD, CHOICE, WHOLE English Carrots 4 10-fl-oz tins 89¢ LIQUID DETERGENT (PREPRICED 434)

SWISS KNIGHT (12 PORTIONS)

Sunlight

Snowflake Rolls

24-fl-oz bottie 59¢

ALL PRICES SHOWN IN THIS AD QUARANTEED OFFECTIVE THROUGH JULY 12th, 1974.