

Weigh it well

BY ELEANOR COULTER



Local foster parent adopts Colombia girl

Mrs. H. Powys, 121 Mill Street, Milton has "adopted" six-year-old Francis Rosario Hernandez of Colombia.

By contributing \$17 a month through Foster Parents Plan of Canada, Mrs. Powys gives the child and the family material and financial aid aimed at strengthening the family unit by helping each member. The child is symbolic of aid given to the entire family.

Before Mrs. Powys became Francis' Foster Parent, the family struggled to survive on an income of \$45.25 a month. Francis' father is a sailor and the mother stays at home to look after the household. The dwelling they occupy is constructed of wood with roof of tile. They have no running water and must buy it from a neighbor. Outside there is a latrine and a place for washing clothes. Mos meals are based on rice, plantain, beans, some vegetables, corn, cereal, occasionally fish and a native drink made by mixing brown sugar with water.

Emphasize education Mrs. Powys' contribution of \$17 a month brings the family a monthly cash grant, distribution of goods such as vitamins, blankets, towels, soap and other



FRANCIS HERNANDEZ

useful items, medical and dental care, the sustained guidance and counseling of social workers and the benefit of special programs. A strong emphasis is placed on education. All Foster Children (and their brothers and sisters if possible) must attend school.

Vocational training courses given or supported by PLAN in some countries are available to Foster Children, their brothers and sisters and in some cases, their parents. The aim is to give each member of the family the tools to help themselves become independent and self-supporting. Special programs adapted to the needs of each country also meet these aims.

In Colombia, for example a "mejadora" (homemaker) service is available. Women in PLAN families are taught basic principles of hygiene, first aid, nutrition, baby care and human development so they may take over and improve the management of a home in which the mother is incapacitated.

Foster Parents and Foster Children correspond monthly (letters are translated by PLAN) and often develop warm and affectionate relationships which mean as much to the child as the material and financial aid.

Foster Parents Plan is currently working in 10 countries in South America and Asia. Over 53,000 children are currently being aided by individuals, groups and families in the U.S., Canada and Australia. For more information on this non-profit, non-sectarian, non-political independent organization, write Foster Parents Plan of Canada, 153 St. Clair Avenue West, Toronto 7, Ontario.

Gas, booze do not mix

Everyone is undoubtedly enjoying the festive holiday season, but just a little too much enjoyment can lead to sadness and tragedy.

Milton Police will be on guard during the New Year season for any persons driving while under the influence of alcohol. Police urge everyone not to drive and

It's your life, so protect it. Take a taxi home from the New Year's Eve party.

LISTEN CLOSE "My Dears," gushed the matron at the bridge party, "my resolution this year is never to repeat gossip, so for heaven's sake listen carefully the first

Seek women's response to pap test clinic

A first this year, the pap test clinic held at Milton District Hospital three weeks ago was termed an overwhelming success by members of the Canadian Cancer Society. Doctors and nurses who volunteered their time for the clinic also felt it was worthwhile and a tremendous success.

But members of the CCS would like to know how you, the women of Milton who attended the clinic, felt about its value, procedure and results. Women are urged to comment freely on the project by addressing a note to the Milton Branch of the Canadian Cancer

Society. The following questions may help with your note:

Simple, easy Were you surprised at how simple and easy it was? Did you learn straightforward and simple facts that put your mind at ease? Were you pleased at the lack of fear and embarrassment at the clinic?

Did you realize that this is one test all women over 30 should request of their doctor?

Would you attend a yearly clinic?

All letters should be mailed as soon as possible.

STRADWICK'S

TILE - CARPET - LINOLEUM

FREE ESTIMATES

VISIT OUR SHOWROOM AT:

776 KING ST. E. HAMILTON 527-3681

Happy New Year

FAMOUS BRANDS
FINEST QUALITY!

Loblaws MILTON PLAZA MAXI-SAVE DEEP CUT PRICES

SUPER BUYS QUALITY MEATS

SWIFT'S DEEP BASTED PRESSED CANADA A GRADE
Butterball Turkeys
10 TO 20 LBS. **53¢** OVER 20 LBS. **48¢**
GRADE A LB. GRADE A LB.

PRESSED CANADA A GRADE
TURKEYS
10 TO 20 LBS. **39¢** OVER 20 LBS. **35¢**
GRADE A LB. GRADE A LB.

SWIFT'S COOKED SMOKED, FULLY SKINNED, MINIMUM FAT, SHANK OFF, WHOLE OR HALF
Sugar Plum HAMS **79¢** LB.

PRESSED CANADA A GRADE **GEESE** **67¢** LB.
FRESH FROZEN PRESSED CANADA A GRADE **Capons** **46¢** OVER 2 LBS. LB.
PRESSED CANADA A GRADE **DUCKS** **65¢** LB.
SWIFT'S LAZY MAPLE RINDLESS **SIDE BACON** **62¢** 1 LB. PKG. VAC PAC

SEE OUR SELECTION OF FINEST QUALITY PRESSED CHICKENS AND ROCK CORNISH HENS. ALL ATTRACTIVELY PRICED

CHOICE • RED OR BLUE BRAND BEEF •
Steaks or Roasts Boneless Round Bottom or Full Slice **118** LB.
CHOICE • RED OR BLUE BRAND BEEF •
Steaks or Roasts Sirloin **118** Porterhouse or Wings **118** LB.
CHOICE • RED OR BLUE BRAND BEEF •
Steaks / Roasts Prime Rib **89¢** Prime Rib **98¢** Roasts LB.
CHOICE • RED OR BLUE BRAND BEEF •
TOP ROUND STEAK OR ROASTS **118** 1 1/2" FREE SHORT CUT
MEAT ROLLS **29¢** 8 OZ. EACH
MEAT **59¢** 15 OZ. EACH
SHOPS'S **SLICED SALAMI** **69¢** 2 4 OZ. PKGS.
SAU-SEA BRAND **SHRIMP COCKTAIL** **66¢** 2 4 OZ. JARS
SHOPS'S **CORNED BEEF** **89¢** 4 2 OZ. PKGS.
SCHNEIDERS **POLISH SAUSAGE** COIL **79¢** LB.
SCHNEIDERS LIVER & BACON, BRAUNSCHEWEIG, or SANDWICH SPREAD ROLLS
SWIFT'S **PREMIUM WIENERS** **55¢** 1 LB. PKG. VAC PAC
MEATY **PORK SIDE SPARE RIBS** **59¢** LB.
MALPEQUE **COOKED SHRIMPS** **249** 16 OZ.
ALORD BRAND ONE 1/2 OZ. PEPPERONI AND ONE 9 OZ. CHEESE **89¢** BOTH FOR
CHOICE FRESH FROZEN **PORK TENDERLOIN** **98¢** LB.

SUPER BUYS

E.D. SMITH'S **GARDEN COCKTAIL** **28¢** 28 FL. OZ. BOTTLE
ZINGO, 12 PORTIONS (PLAIN OR ASSORTED)
SWISS GRUYERE CHEESE **45¢** 8 OZ. PKG.
DESSERT TOPPING MIX
DREAM WHIP **49¢** 4 OZ. PKG.
BROWNIE MIX, BUTTERSCOTCH SQUARES, OR DATE SQUARES
BETTY CROCKER MIXES **39¢** 15 OZ. PKG.
FOR CHICKEN
SHAKE 'N BAKE **88¢** 10 OZ. PKG.
LOBLAWS KITCHEN PRIDE
RAISIN PIE **45¢** 24 OZ. PKG.

COFFEE
PRIDE OF ARABIA **79¢** 1 LB. BAG **231** 3 LB. BAG

KRAFT PROCESS **CHEEZ WHIZ** **65¢** 16 OZ. JAR
LOBLAWS PLAIN, SUGARED, CINNAMON **KITCHEN PRIDE DONUTS** **29¢** PKG. OF 12
REGULAR OR ALL SHEER, ASSORTED BRANDS, ONE SIZE
TABU PANTY-HOSE **99¢** 2 PAIRS

SALADA TEA BAGS **66¢** 60'S PKG.

DEEP CUT PRICES EVERYDAY, ANY DAY

HENIZ STRAINED, ALL MEATLESS VARIETIES
BABy FOODS **13¢** 4 1/2 OZ. JAR
DIAMOND CALIFORNIA IN SHELL
LARGE WALNUTS **55¢** 16 OZ. BAG
HONEY GOLD FANCY FROZEN
KERNEL CORN **49¢** 2 LB. BAG

FLAVOUR SNACKS
MILKBONE **35¢** 1 LB. BAG
KRAFT CRACKER BARREL OLD CLOURED
CHEDDR CHEESE **49¢** 8 OZ. PKG.

OPEN TO-NIGHT & WED NIGHT
OPEN UNTIL 6 P.M. THURSDAY NEW YEARS EVE.
CLOSED FRIDAY NEW YEARS DAY
Open Sat. Jan. 2 Regular Store Hours.

SUPER BUYS

EXTRA DRY **ARRID DEODORANT** **77¢** 6 OZ. AERO. TIN
LYSOL AIR FRESHENER **79¢** 7 OZ. AERO. TIN
MONARCH **DESSERT TOPPING** **39¢** 9.5 OZ. AERO. TIN
FANCY WHOLE **NIBLET'S KERNEL CORN** **19¢** 12 FL. OZ. TIN
PAXO **Sage and Onion STUFFING** **32¢** 8 OZ. PKG.

DEEP CUT PRICES EVERYDAY, ANY DAY

MAXI-SAVE BAYER ASPIRIN **59¢** 100'S BOTTLE
MAXI-SAVE BROMO Seltzer **79¢** FAMILY SIZE BOTTLE
MAXI-SAVE MOM'S MARGARINE **28¢** 1 LB. TUB
DEL MONTE FANCY **FRUIT COCKTAIL** **47¢** 28 FL. OZ. TIN
NABISCO SHREDDIES **32¢** 12 OZ. PKG.
QUAKER PUFFED RICE **32¢** 6 1/2 OZ. PKG.
VIVA FANCY **TOMATO JUICE** **27¢** 48 FL. OZ. TIN
LITTON **ONION SOUP MIX** **31¢** 3 OZ. PKG.
PEA OR VEGETABLE **HABITANT SOUP** **27¢** 2 14 FL. OZ. TINS
OMAR FARM CHOICE **FROZEN PEAS** **39¢** 2 LB. BAG
CUDNEY FROZEN **ORANGE JUICE** **88¢** 3 12 1/2 FL. OZ. TINS
LOBLAWS SHIELD **SALAD DRESSING** **49¢** 32 FL. OZ. JAR
OCEAN SPRAY, **CRANBERRY SAUCE** **19¢** 14 FL. OZ. TIN

DEEP CUT PRICES EVERYDAY, ANY DAY

LOBLAWS KITCHEN PRIDE **APPLE PIE** **39¢** 24 OZ. PKG.
SANA LEE FROZEN **CHOCOLATE CAKE** **69¢** 13 1/2 OZ. PKG.
INSTANT FREEZE-DRIED COFFEE
TASTER'S CHOICE **103** 4 OZ. JAR

SEALD-SWEET FROZEN ORANGE JUICE **27¢** 12 1/2 FL. OZ. TIN

PUSS 'N BOOTS **CAT FOOD** **17¢** 15 OZ. TIN
ECONOMY PACK **Mother Parkers TEA BAGS** **53¢** 100'S BAG
12" x 25 FT. **ALCAN FOILWRAP** **35¢** ROLL
CHOICE BARTLETT, HALVES
AYLMER PEARS **27¢** 14 FL. OZ. TIN
WESTON'S, PLAIN OR SALTED
SODA CRACKERS **35¢** 1 LB. BOX
200 2-PLY SHEETS
KLEENEX FACE TISSUES **32¢** BOX
SPANISH PIMENTO MANZANILLA, LOOSE PACK
McLAREN'S OLIVES **47¢** 8 FL. OZ. JAR
RASPBERRY OR STRAWBERRY WITH PECTIN
NIAGARA KIST JAM **45¢** 24 FL. OZ. JAR
KELLOGG'S CORN FLAKES **23¢** 8 OZ. PKG.

SHRIMP 'N SALAD JELLY POWDERS **8¢** 3 OZ. PKG.

IMPERIAL CHEESE **62¢** 8 OZ. PKG.
CHOICE **AYLMER PEAS** **15¢** 14 FL. OZ. TIN
MOTHER PARKER'S **INSTANT COFFEE** **128** 10 OZ. JAR
JELL-O **WHIP 'N CHILL** **25¢** 3 1/2 OZ. PKG.
BRIGHT'S CHOICE **APPLE JUICE** **29¢** 48 FL. OZ. TIN

SUPER BUY

FROM FLORIDA! NO. 1 GRADE! IDEAL FOR SALADS!
TOMATOES **25¢** CELLO PACKAGE
FROM CALIFORNIA! NO. 1 GRADE! FINEST CELERY AVAILABLE!
CELERY STALKS LARGE SIZE **29¢** EACH
PRODUCE OF U.S.A.! GARDEN FRESH! PARTY FAVOURITES!
RADISH or GREEN ONIONS **29¢** 2 BUNCHES
GARDEN FRESH FROM CALIFORNIA! FIRM GREEN!
BRUSSEL SPROUTS **35¢** POUND
FROM B.C.! EXTRA FANCY! THE BEST FROM THE WEST!
RED DELICIOUS APPLES LARGE SIZE **6 FOR 59¢** 100'S

DEEP CUT PRICES EVERYDAY, ANY DAY

KRAFT SMOOTH OR CRUNCHY **PEANUT BUTTER** **41¢** 12 OZ. JAR
FANCY SLICED **DEL MONTE PEACHES** **40¢** 28 FL. OZ. TIN
DOLE HAWAIIAN **SLICED PINEAPPLE** **33¢** 19 FL. OZ. TIN
CHRISTIE'S **RITZ CRACKERS** **54¢** 1 LB. PKG.
CAMPBELL'S **VEGETABLE SOUP** **13¢** 10 FL. OZ. TIN
ALPINE CLUB **SOFT DRINKS** **79¢** 30 FL. OZ. BOTTLES (PLUS DEPOSIT)

KRAFT READY-TO-SERVE **CHIP DIPS** **47¢** 8 OZ. TUB
CORDON ROUGE **MEAT SPREADS** **39¢** 3 OZ. TINS
OAKLEAF **MANDARIN ORANGES** **24¢** 10 FL. OZ. TIN
SWIFT'S **CANNED HAM** **139** 1 1/2 LB. TIN

JACOBS CREAM CRACKERS **18¢** 7 1/2 OZ. PKG.

McLAREN'S IMPERIAL CHEESE **62¢** 8 OZ. PKG.

AYLMER PEAS **15¢** 14 FL. OZ. TIN

INSTANT COFFEE **128** 10 OZ. JAR

WHIP 'N CHILL **25¢** 3 1/2 OZ. PKG.

APPLE JUICE **29¢** 48 FL. OZ. TIN

About six years ago, Ron Harris showed me a set of books he had just received in his store. There were two volumes entitled "The Pioneer Farmer and Backwoodsman", by Edwin C. Guillet, published the year before. He said they were a collector's item and suggested they'd make a good gift for my better half. Ron's a good salesman but he didn't really have to twist my arm. The price was such that I left a down payment and went back a few weeks later for the books. I've never been sorry, there is everything there regarding agricultural development since Champlain's time. In the foreword page of Volume 1 is a paragraph from Henry David Thoreau, "The weapons with which we have gained our most important victories, which should be handed down as heirlooms from father to son, are not the sword and the lance, but the bushwack, the turf-cutter, the spade, and the boghoe, rusted with the blood of many a meadow and begrimed with the dust of many a hard-fought field."

Halt County is mentioned, very briefly, twice in the books. The Canadian Champion, "Halt County's Pages of the Past" by the late Gwen Clarke, and "Oakville and the Sixteen", by Hazel C. Matthews, are listed in the bibliographical bibliography as sources of information. There is enough history of Halt County to fill a couple of volumes of its own if we can only get people to part with the information. I have heard of at least a dozen places where William Lyon Mackenzie was supposed to have been hidden but would be more convinced if there was more concrete evidence—a letter, or a diary stating the fact. Diaries and journals have been very valuable in providing historical facts, so please, don't throw them away or destroy them.

There was much journeying back and forth across the American border in the early part of the 19th century and the following poem is from "The Genessee Farmer, Rochester, January 29, 1831. Probably someone carried it back in his pack after visiting there. I thought it appropriate for this time of year.

Wanted In This Village for The Year 1831
More industry and less idleness;
More economy and less extravagance;
More honest men than rogues;
More money than credit;
More shirts than ruffles;
More morality than grog-shops;
More mechanics than dandies;
More stocking-yarn than street-yarn;
More stability than excitability;
More laborers than loungers;
More justice and less law.

To the publisher, the editor and staff at The Canadian Champion, to all my readers and especially those who wrote kind notes about this column, my heartfelt thanks and may 1971 bring happiness, health and lasting friendships to you all.

Her new Year's Party will be complete with a ...

Corsage

from Karen's. Order Now to avoid disappointment

Karen's FLOWER SHOP
MILTON PLAZA
Phone: 878-2881

SUPER BUY
MARTIN'S **FRUIT DRINKS** **22¢** 48 FL. OZ. TIN

SUPER BUY
WESTON'S SOUTHERN STYLE **DINNER ROLLS** **35¢** PKG. OF 12

SUPER BUY
IMPORTED MILK CHOCOLATE **St. Michael's Biscuits** **89¢** 4 4 OZ. 4 OZ. PKGS.

SUPER BUY
MORTON FROZEN **CREAM PIES** **100** 3 14 OZ. PKGS.

SUPER BUY
SILVERWOOD'S PLAIN CREAMED **COTTAGE CHEESE** **33¢** 1 LB. CTN

SUPER BUY
LOBLAWS PROCESS **CHEESE SLICES** **119** 2 LB. PKG.