

Proceeds go to Manor birthday

The afternoon unit of Lowville U.C.W. met at the home of Mrs. V. Norris in Guelph on July 7. Nine members and five visitors sat down to a delicious and bountiful pot luck luncheon at 12.30. Mrs. Norris welcomed them and Mr. E. Davenport said grace. After the meal the ladies gathered for a simple worship service instead of a scripture

Weigh it well

BY ELEANOR COULTER



ONTARIO'S FLOWER GARDEN

The idea that roadsides must be ruthlessly sprayed each year has done away with most of the wildflowers along the byways of Southern Ontario. Not until you travel the country roads in the more northern parts do you realize that some of our loveliest wildflowers still exist.

The first to appear in the Haliburtons, of course, is the trillium and unless this part of the province becomes urbanized, the beautiful floral emblem of Ontario will be with us for a while yet. There are areas along the highways that are spread with carpets of them. We regret that in a few years' time these roadsides may be pushed back for road improvements and cause many of the trillium to disappear.

Members of the Ontario Federation of Naturalists might be advised to undertake a project whereby they petition the government to transplant the threatened plants to a botanical garden for wild flowers. It is useless to take them to a home garden—the conditions are just not right for them. In any case, it is against the law for persons to pick or transplant the trillium.

The hillside where our cottage is located faces the wrong way for trilliums so we only have a few of them. But many other varieties compensate the lack of trilliums. Oddly enough the blooms on them are mostly white and are in flower early, before the trees leaf out and bury them in shade. The spiky foamflower (or coolwort), the bunchberry with its small blossoms that resemble the dogwood, and the tiny waxy bloom on the partridgeberry vine all have white flowers. An exception is the clintonia with base leaves almost like the lily-of-the-valley; it has a small cluster of miniature yellow lemon lilies on a tall stalk that will later bear large, hard blue seed berries.

Natural rock garden

The natural rock garden in our woods contains several species of ferns. A source of wonder is the perfect cone of space that shows up in the centre of a fern when it first unfurls. The dainty patterns of each frond is another. Creeping ground cedar with its individual circle of fresh green, wintergreen vines and several types of mosses lend a most picturesque variety to the hillside area. We keep the sapling clipped out to allow room for the plants to spread and in the five years we have been there, their growth has amazed us.

Following closely the trillium is the false Solomon's Seal, with its huge cluster of feathery white bloom, tinged with pink, at the end of a leaf stalk patterned like a sumac but with waxy green foliage. Along the road the plant is so large it looks like a shrub but the leaf stalks emerge from the ground. In our woods we have several types of Solomon's Seal, one like the cultivated plant with white bell-like flowers hanging along the stalk like a bleeding heart. Just now the seed berries on these plants are turning red, adding a touch of color to the verdant green.

When driving along the winding road to the town of Dorset we noticed a heavy fragrance we couldn't identify. It turned out to be coming from the blossoms of the lowly milkweed that abounds up here. I guess we've never been so close to such a profusion of them before. Their fragrance excels that of the hothouse carnation in my opinion. When examining the blooms closely, we found the inevitable bee on each one for it contributes largely to the honey harvest.

Out where the sun shines the buttercups, daisies, black-eyed susans and Indian paint brush mingle their colors of yellow, white and orange. We saw several girls at the store with garlands of daisies in their hair and they were most attractive.

Attractive bouquet

Once we gathered different varieties of wildflowers, together with dainty vines, to make an attractive bouquet for the table that lasted almost a week. These vines are not listed in any book we've seen, although some of the ferns and mosses that the books list as extinct abound in our woods.

On the power line that cuts across our property I found a nice surprise. A round bed of ferns circle the base of each pole as if a careful gardener had planted them there. On second thought, I guess the Master Gardener did. When they first put the line in years ago, the ground beneath was sprayed with brushkill to keep the trees from growing back. Now the wild plants are coming into their own again and we are reaping the benefits.

It may be necessary to squelch all the wild plants in some areas but I'm grateful that we can still enjoy Ontario's wildflower garden in some of the unspoiled places of the backwoods.

FUNNY BUSINESS...

Businessmen
Isn't it funny?
That so many
Will get up in the morning,
Refresh themselves with a dose of advertised fruit juice,
Clean their teeth with an advertised toothpaste and advertised tooth brush,
Shave with an advertised razor,
Wash and shave with advertised soaps,
Put on advertised underwear,
Advertised hose, shirt, collar and shoes,
Seat themselves at the table
And eat advertised breakfast food and bread,
Drink advertised tea, coffee or cocoa,
Put on advertised hat and gloves,
Light an advertised cigarette
With an advertised lighter,
Drive to work in an advertised motor car,
Give letters to a typist
Who types on an advertised machine,
Using advertised carbons,
Sign their letters with an advertised pen
Containing advertised ink,
And
Turn down a proposal to advertise on the
Grounds that
Advertising doesn't pay!

ADVERTISE YOUR BUSINESS
In The Champion

reading. Each member quoted her favorite Bible verse and prayers and readings were done in unison.

roll call

Roll call was answered by each lady selecting a parcel from a donation of "white elephants" which she then had the privilege of selling. The proceeds from this sale went to the penny fund so that the committee planning the Manor Birthday party for August would have working capital.

Mrs. H. Bowden, Mrs. Norris and Mrs. B. Gunby conducted contests and games. This informal meeting was enjoyed by everyone and thanks were expressed to Mrs. Norris for her hospitality. The ladies were reminded of their part in the birthday party and that regular meetings commenced on September 8 at the home of Mrs. Maurice Readhead.

—Children are enjoying summer playground activities at the Dick, Denyes and Bruce St. schools.

OUR READERS WRITE:

(Continued from Page B1)

some people don't even answer our knock when we know they are home. We have been asked "Why should we give our money when we don't even know where it goes?" Apparently some have doubts about where this money is being used even though we explain to them what it is used for. I myself have gone back to some homes three times, and still no response.

Please, Mr. Brush, let us know what the problem was with the canvassers, so we can do a better job in the future. For we are only too happy to do, in our small way, something to help eliminate this dread disease.

Yours truly,
Mrs. Edith Sharpe,
429 Pearl St., Milton
(Just one of the canvassers)

FLUORIDE LETHAL, STUPID

Dear Sir:

After reading the letters in favor of fluoridation in July 14 issue of The Champion, I just had to write in and give my views.

I was glad the council tabled the request to fluoridate the water. There is a lot more to this subject than people realize or know about.

In research carried out, it is very doubtful if any benefits derived from fluoride.

It is inorganic and therefore cannot be absorbed by the tissues of the body. It is an accumulative poison, thus making it all the more dangerous.

There is fluoride in the processed food we buy, because the processors use fluoridated water in preparing it. It is in several toothpastes, as well as in the air due to pollution. In drinking the water with it in, it is therefore possible a child could be

threatened with toxic over-dosage.

Doctors working in the University of Texas reported on the effect of fluorine as a cause of cancer, and made the following statement, "The terrifying conclusion of the studies was that fluorine greatly induced cancer tumor growth."

If doctors and the public can be made aware of this catastrophe, fluoridation shall quickly end. It will some day be recognized as the most lethal and stupid "health program" ever conceived by man.

Several universities in America have conducted large dental researches and have found they could stop 90 per cent of tooth decay in those taking part, by eliminating refined sugar from the diets and thus controlling the growth of acid-forming bacteria in the saliva.

If soft drinks, sweets and junk foods were not given to the children they would not have all the problems people seem so worried about. Get them interested in fresh fruits and vegetables and also a good tooth brush used in the proper way.

I am sure there would be some wonderful results, so let's keep the water pure.

Hopefully,
The other side of the coin.

Loblaws

**GUARANTEED
FINEST QUALITY**
MILTON PLAZA

MAXI-SAVE

DEEP CUT PRICES

DEEP CUT PRICES EVERYDAY, ANY DAY

MINUTE RICE 14 OZ PKG **53¢**

VIVA FINE OR MEDIUM EGG NOODLES 12 OZ BAG **23¢**

MACARONI & CHEESE KRAFT DINNER 7 1/4 OZ. PKG. **17¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

ALL POWDERED DETERGENT 4 LB 11 OZ PKG. **174¢**

POWER PLUS LIQUID BLEACH 128 FL OZ BTLE **65¢**

JOHNSON'S "J" CLOTHS 12 S PKG **53¢**

SUPER BUYS

MORTON'S FROZEN CREAM PIES 3 14 OZ PKGS **1 00**

JELL-O JELLY POWDERS 9 3 OZ PKGS **1 00**

CUDNEY FANCY FROZEN PEAS 2 LB. BAG **39¢**

SUPER BUYS

LOBLAWS KITCHEN PRIDE STRAWBERRY-RHUBARB PIE 24 OZ. PKG. **55¢**

CLOSE-UP SUPER SIZE TOOTH PASTE TUBE **99¢**

SILVIKRIN SHAMPOO 7 FL OZ BTLE. **95¢**

SUPER BUYS QUALITY MEATS

CHOICE - RED OR BLUE BRAND REEF - STEAKS OR ROASTS BONELESS ROUND

BOTTOM OR FULL SLICE **109**

MAXI-SAVE

TIDE DETERGENT KING SIZE PKG **1 48**

DEEP CUT PRICES EVERYDAY, ANY DAY

DIAL SOAP REG BAR **18¢**

KRAFT SMOOTH OR CRUNCHY PEANUT BUTTER 16 OZ JAR **62¢**

BEEKIST AMBER HONEY 2 LB. CTN. **69¢**

SUPER BUY

ROBIN HOOD CAKE MIXES 9 OZ. POUCH PAK **15¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

ALBERTO VO.5 8 1/4 OZ. HAIR SPRAY AERO TIN **1 23**

MAZOLA CORN OIL 24 FL OZ. BTLE. **79¢**

SUPER BUY

HELLMANN'S MAYONNAISE 8 FL OZ. JAR **35¢**

KRAFT FRENCH DRESSING 16 FL OZ. BTLE. **53¢**

LOBLAWS SHIELD SALAD DRESSING 32 FL OZ. BTLE. **55¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

SHAKE 'N BAKE 2 OZ. PKG. **23¢**

PABLUM BABY CEREAL 8 OZ. PKG. **33¢**

PREM LUNCHEON MEAT 12 OZ. TIN **48¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

CHARLIE'S SOFT DRINKS 24 S 10 FL OZ. TINS EACH **179¢**

DEEP BROWNED WITH PORK LIBBY'S BEANS 48 FL OZ. TIN **58¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

KRAFT SALAD DRESSING MIRACLE WHIP 32 FL OZ. JAR **63¢**

THRIFTY ICE CREAM 1/2 GAL CTN. **79¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

PRIDE OF ARABIA INSTANT COFFEE 6 OZ. JAR **89¢**

NESTLE ICED TEA MIX 13 OZ. JAR **73¢**

SUPER BUY

HELLMANN'S MAYONNAISE 8 FL OZ. JAR **35¢**

KRAFT FRENCH DRESSING 16 FL OZ. BTLE. **53¢**

LOBLAWS SHIELD SALAD DRESSING 32 FL OZ. BTLE. **55¢**

SUPER BUY

WHITE SWAN SERVICETTES 250 S PKG **65¢**

DOWNY FABRIC SOFTENER 66 FL OZ. BTLE. **1 39**

SUPER BUY

ALPINE CLUB ORANGE CRYSTALS 2 3 1/4 OZ PKGS **35¢**

BRIGHT'S CHOICE HALVES BARTLETT PEARS 14 FL OZ. TIN **29¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

KRAFT PHILADELPHIA CREAM CHEESE 4 OZ. PKG. **23¢**

9 LIVES CAT FOOD 6 1/2 OZ. TINS **39¢**

DEEP CUT PRICES EVERYDAY, ANY DAY

STAFFORD SUNDAY SAUCES 9 FL OZ. JAR **39¢**

FROZEN PINK OR WHITE CUDNEY LEMONADE 4 1/4 FL OZ. TIN **10¢**

SUPER BUY

HELLMANN'S MAYONNAISE 8 FL OZ. JAR **35¢**

KRAFT FRENCH DRESSING 16 FL OZ. BTLE. **53¢**

LOBLAWS SHIELD SALAD DRESSING 32 FL OZ. BTLE. **55¢**

QUALITY PRODUCE SUPER BUYS

FROM BRITISH COLUMBIA! JUST WONDERFUL EATING! NO. 1 GRADE!

FRESH CHERRIES **39¢**

QUALITY PRODUCE SUPER BUYS

FROM CALIFORNIA! NEW CROP! WONDERFUL EATING!

HONEY DEWS **39¢**

QUALITY PRODUCE SUPER BUYS

FROM NEW ZEALAND! FANCY GRADE!

GRANNY SMITH APPLES LARGE SIZE 100 **59¢**

Special Offer!
at LOBLAWS

VALUABLE COUPON WORTH 1.65

VEGETABLE BOWL

REG. PRICE \$6.90 IN THE LESS COUPON 1.65 PATTERN OF YOU PAY \$5.25 YOUR CHOICE COUPON GOOD UNTIL JULY 27 1971

PORCELAIN FINE CHINA

NEW! READY TO EAT IN MINUTES

CHANS CHINESE FOOD

SWEET & SOUR RIBS, SWEET & SOUR CHICKEN, CHICKEN FRIED RICE, EGG ROLLS AND PLUM SAUCE. ATTRACTIVELY PRICED IN OUR FRESH MEAT DISPLAY.

SUPER BUY

SOVEREIGN Solid White Tuna 7 OZ. TIN **47¢**

SUPER BUY

PEPSI-COLA 24 S CASE 229 10 OZ. TINS **10¢**

SUPER BUY

WONDERSOFT BATHROOM TISSUE 4 ROLL PKG **55¢**

SUPER BUY

MILSON'S DEAL PACK JERSEY MILK, JERSEY MILK BURNT ALMOND, 11 OZ. VIRGINIA IS 2 OZ. **CHOCOLATE BARS** 4 25¢ BARS **89¢**

SUPER BUY

WETHEY'S ASSORTED WITH PECTIN Jams or Marmalades 24 FL OZ. JAR **49¢**

MAXI-SAVE

LOBLAWS KITCHEN PRIDE APPLE PIE 24 OZ. PKG **39¢**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE FAMILY REQUIREMENTS