

Sponsored by Midland Chamber of Commerce

Mother's Day - by young poets

The overall winners

Of all the mothers in the world,
There never could ever be,
A mother that will love me more,
Than the mother who belongs to me.

She cooks and cleans and washes,
And works the whole day through,
To keep our home so comforting
And warm and loving, too!

Oh, mother, you deserve some thanks,
For all that you have done,
To make the life I've lived so far,
A very special one.

Of all the mother's in the world,
There never could ever be,
A mother that will love me more,
Than the mother who belongs to me.

Connie Dupuis, winner, Category B
Msgr. Castex School.



Mother's Day

When my mother is cleaning,
I'm always there leaning.

When my mother is cooking,
I'm always there looking.

When she's washing the floor,
I'm hiding behind the door.

Whatever she's doing at any time,
I'll always want her to be mine.

Norman Giddy, winner Category A
Grade 3
Sacred Heart

The best of the rest

Parkview School

Mother

When I stumble off the road of life
That I follow day to day,
My Mother's love is always there
To set me back on my way.

She always knows when something's wrong
And when I'm feeling down,
She tries to brighten up my day
And always removes my frown.

Her worries and problems increase everyday
But she settles them in her very own way
Often I look back and I see,
Her worries and problems were caused by me!

Kim Hook
Grade 8

When Mom's Away

When Mom's away I play
And say to myself
I wish Mom wasn't away
That's what I say

I sit in a tree
And think about Mom and me
That's what I do when Mom's away,
Then my brother calls and says Mom's back,
Hurray!

Nathalie Leitch
Grade 3

When I Fall

I like my Mother best of all,
She's there to help me when I fall

She's always there when I come home,
And she's never on the telephone.

She works and works every day,
Cleaning, washing and ironing away.

I know my Mother will always care,
Even when she's old with grey hair.

She sends me to school so tidy and neat,
From the top of my head to the tip of my feet.

I like my Mother best of all,
She's there to help me when I fall.

Johnny Freisan
Grade 6

Monsignor Castex

My mom is fun,
She's always on the run,
She cleans, cooks, sews,
Even washes my clothes,
If to some place I must scurry,
She's a taxi in a hurry,
All these things she does for me,
Are because she loves me.

Elizabeth Cowdrey, Grade 4,
Msgr. Castex School.

It's hard to describe my mother,
In just a word or two,
So we show her that we love her,
By the actions that we do.

My mother's always there to listen,
When I'm feeling down or blue,
No matter how big the trouble is,
She knows just what to do.

No fancy gifts or money,
Could buy the love she gives,
I'm just so glad to have,
A mother like she is.

No Mother means much more to me,
Than words could ever express,
And so on this day I wish,
Her much joy and happiness.

Cheryl Weber, Grade 7
Msgr. Castex School.

Harmonizers compete in convention

by Bob Megaw,
Huron Harmonizers

Thirty-one members of the Midland chapter of the S.P.E.B.S.Q.S.A. recently attended and participated in the Spring Convention and competitions held in Peterborough. The convention lasted from Friday evening until Sunday noon. It was extremely well organized and a good time was had by all.

The quartet preliminaries were held on Friday evening, at which time several quartets were eliminated. The ten quartets remaining competed in the quartet finals on Saturday night.

The Canadian Heritage edged out The Scarborough Fair by a slim margin. Both quartets will represent the Ontario District at the International convention to be held in San Francisco in late June. Celebration, from Ottawa, finished in third place. The Tri City Slickers, who will be performing in the Huronia Harmonizers' big show on May 29, placed fourth.

Saturday afternoon featured the chorus contest in which fifteen groups participated. Kitchener Waterloo Chorus put on a dazzling performance and ran

away with the top honours.

The Huronia Harmonizers, competing in the event for the first time, placed 13th overall. Members of the Midland chapter were certainly not disappointed with their showing considering the fierce competition from more established chapters. The fellows were encouraged by their showing and by the comments of the judge and other barbershoppers from other areas.

The next big event, and one that the Midland barbershoppers are currently preparing for is the annual Parade of

Harmony, the theme of which is "Strollin' Down Harmony Lane." The date is Saturday, May 29 at the Midland Secondary School auditorium, starting at 8:00 p.m.

This talent-packed show will include The Huronia Harmonizers, under the direction of Glenn Campbell, the funny and talented Timbre Tones quartet from Kitchener, the Tri-City Slickers, and Midland's own Midland Knights. John Ford will again be master of ceremonies and special guest and song leader during the intermission will be Jim Turner. Jim

has directed the London Men of Accord in international competition and was also the lead singer with the fabulous Nighthawk quartet, international medalists on various occasions.

Tickets for this event, which promises to be even better than last year's successful parade are \$2.50 and can be obtained from any barbershopper or at Johnstone's Music Land, Lamer's Paint and Wallpaper, Alex's Service Centre, or Megaw Real Estate. Only 800 tickets are available and the event is expected to be a complete sell out.

It's officially 'Kick the Habit' Week

If you're puffing on a cigarette as you read this, you might like to know that this is officially Kick The Habit Week.

Sponsored by the Ontario Lung Association, the week is designed to convince cigarette smokers that their habit is socially unacceptable, very expensive and unhealthy.

Non-smokers who often feel as if they're choking in a cloud of other people's smoke will be glad to know that they can reinforce those who are

trying to quit, with desk signs ("Thank you for not smoking") lapel buttons ("Group Against Smokers' Pollution") and posters.

These materials, along with copies of the Non-Smoker's Bill of Rights, are available locally from Mrs. Joy Edwards, 300 Eighth Street Midland. Or they can be ordered from Mrs. J. Macdonald, 65 Peter Street North, Orillia.

For those who decide to give up smoking during Kick the Habit Week the Lung Association offers

some helpful suggestions.

Drink 6 - 8 glasses of water between meals to help flush the nicotine residue out of your system.

Relax in a warm bath or shower two or three times a day for 5 - 10 minutes.

Adequate rest during the withdrawal period is necessary to help conserve nervous energy stores.

Avoid all sedatives and stimulants like alcohol, coffee or tea. Milk and fruit juices should be

consumed freely.

Avoid pepper, mustard, ketchup, spiced or fried foods and heavy desserts. These are stimulants as well.

Frequent exercise is very important, even if it is only a brief walk out of doors after meals.

Optimal vitamin supply, particularly of B complex, will help settle your nerves as you deprive them of nicotine.

Change your routine for the next little while to avoid situations which are associated with

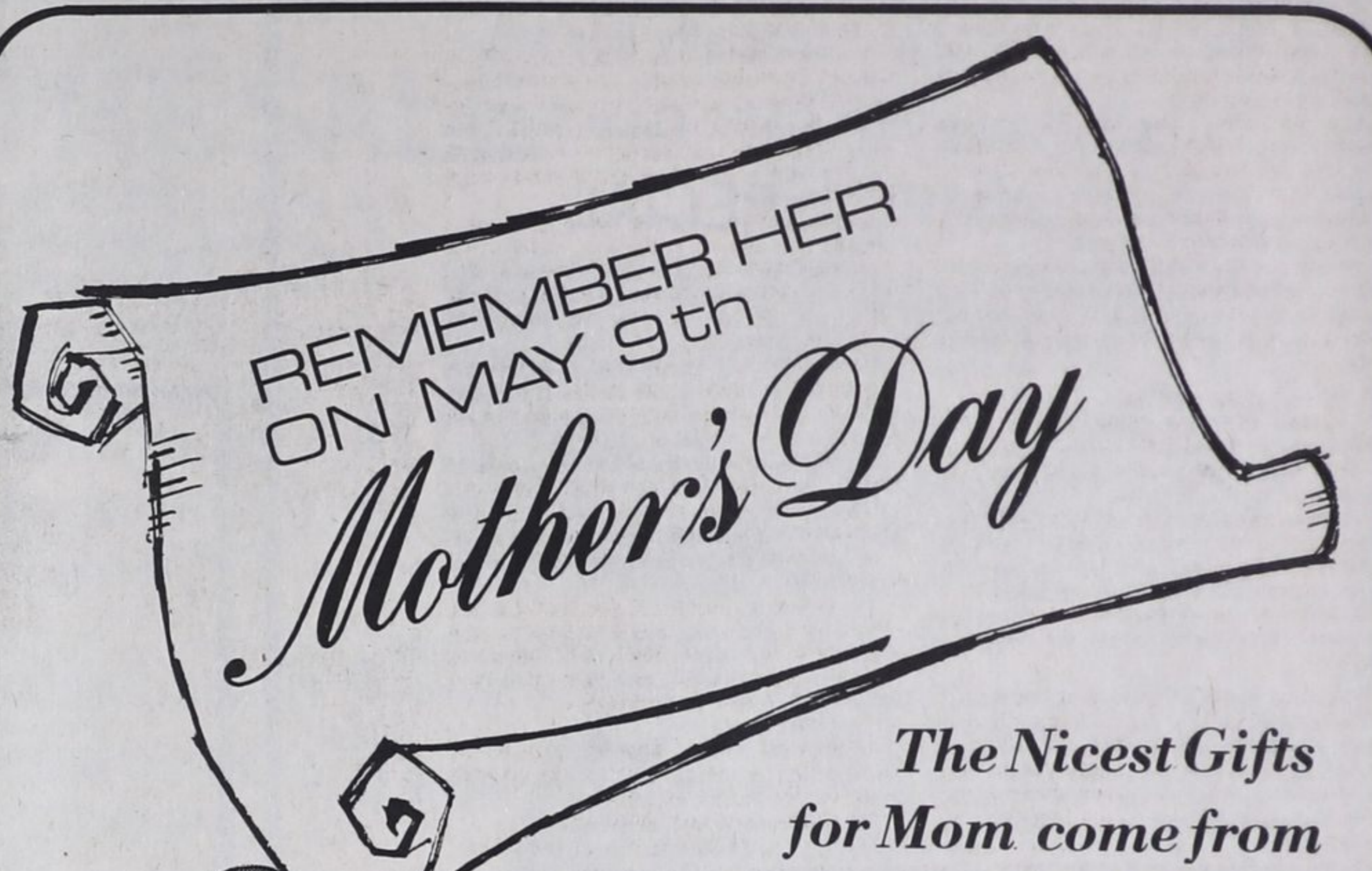
smoking.

Announce to your friends and family that you have stopped. This will make it harder to go back on your word.

A strong resolute will-power will in the end be your greatest weapon.

Habit kickers will be encouraged to know that the minute they stop smoking, the body begins to repair damage caused by smoking.

It's smartest not to smoke at all, but if you smoke and can't cut it out entirely, cut it down.



The Nicest Gifts
for Mom come from
G&M Shoppe and WATSON'S
Ladies Wear.



10% SAVINGS ...on all Twin Shell & Shirt Sets, Sleeveless Shirts, Blouses, Pant Tops, Sweaters and Slacks. Polyester Knit TOPS S-M-L \$3.74 and up

10% SAVINGS...on all Lingerie, Lounge wear, Neglige Sets, Long & Short Gown and Coat Sets, Nylon and Cotton Long & Short Gowns, Pyjamas, Pant gowns, Slips & Panties.

20% OFF...on all Coats, all weather Coats and Pant coats.

FOR THE MEN
Our helpful staff will be glad to wrap your special selection for MOM
...FREE OF CHARGE!

20% ...on Dresses, Long Dresses and 2 pc. Suits.

20% REDUCTION...on 'Elan' orlon knit matching Sweaters, Skirt and Slack Sets in navy, sky blue and mint green.

Many other gift ideas throughout the store;
Handbags, Sandals, Shoes, and Terry Mules

G&M Shoppe 305 King St. Midland 526-5761

WATSON'S Queen St. Elmvale 322-2151 Ladies Wear