

Call Contact

526-9333

Hours 9 a.m. to 5 p.m.

Monday to Friday (Except Holidays)

With the mounds of snow we have in our area, everyone should be very careful while travelling around either on foot or by car. Cars or pedestrians crossing streets or pulling out of driveways or side streets are blind to the oncoming traffic and vice-versa, the oncoming motorist cannot see around the huge snow banks either. The word is caution this winter for all people. Be a defensive driver and a defensive pedestrian and maybe we could avoid needless accidents and personal injury.

With the heavy fall of snow we have had many requests from people requiring their roofs shovelled off. We have a list of able bodied men that will do this type of work so call Contact at 526-9333 and we can give you their names.

Our elderly people find this time of year most frustrating as they cannot get out for even a little fresh air or to shop because of the difficulty in getting around. If you are going shopping or going out in your car for a short drive do call an elderly person and take them with you. It will do both parties good and you would be helping others to help themselves and also brighten up a long winters day for an elderly person.

Contact received 6,151 incoming calls last year with a 90 per cent satisfactory conclusion. The calls varied from a very simple question to ones that involved many calls and research on the part of the staff, but in nearly every case the required information or service was completed and the caller was helped. There were 1,702 outgoing calls.

With the beginning of this new year many chairmen of Nominating Committees will be working diligently to fill positions on the various service organizations to assure continuation of their activities in our communities. If you are approached give serious thought to serving, you are definitely the winner when you are part of the many accomplishments that these groups achieve and of the good that is derived by the community through their efforts. When the new slate of officers are completed, Contact would be most grateful if you could forward to Contact a copy with the addresses and phone numbers of the new officers. By doing this it helps us at Contact to keep our files up to date.

Also the New Year brings the time of budget setting for many people and organizations. It is also the time that Contact has to set up their budget for 1978. Contact has been most fortunate in receiving a grant from the Federal Branch of Consumer and Corporate Affairs. Many of you are aware that the offices of Contact have been handling consumer problems in the past and now with the financial assistance to Contact by this grant another complete service has been added to the diversified resources of Contact's files.

Happiness is helping others to help themselves.
Mary M. Gibson,
Administrator.

Happy Cooker

Marjorie Elwood is the Home Economist from the Canadian Spice Association and she says fruits and fruit juices add glamour, flavour and tenderness to meats and poultry.

For starts, she recommends adding lemon juice to tenderize tough cuts of meat.

"For an appetizing pot roast, top it with several slices of lemon while simmering. Or just before serving carving a roast of lamb or veal, pour over it about 2 tablespoons melted butter and an equal amount of lemon juice—truly delicious."

For those of us who think of lemon as the only thing to serve with fish, Ms. Elwood has a surprise—fruitful fillet of sole.

For four servings, proceed as follows:
15 oz can of fruit cocktail
10 oz can cream of cheese soup
¼ teaspoon worcestershire sauce
¼ teaspoon tabasco sauce
8 medium slices fillet of sole—about 1½ pounds.
¼ cup white wine
2 tablespoons lemon juice
½ teaspoon seasoned salt
¼ teaspoon dried Thyme
lemon wedges, parsley

Method: Drain fruit cocktail, reserving juice. Combine fruit with soup as it comes from the can, worcestershire sauce and tabasco. Spoon 1½ tablespoons of this mixture on each slice of sole. Roll, and secure with toothpicks. Place in a large casserole or individual casseroles, in a single layer.

Combine reserved syrup, wine lemon juice, salt and thyme. Pour over fish rolls. Bake in 375 degree oven for 10 minutes.

Top with remaining fruit and cheese sauce. Bake until fish flakes easily with a fork—about ten minutes. If desired, brown lightly under broiler. Serve very hot with lemon wedges or parsley.



Crafts

Gertrude Major of Lafontaine helps Doreen McCurry over some intricate fingering in the construction of a Ceinture Flechee at the Guild House, 63 Burke Street Penetanguishene. Staff photo

Active historical program

The Simcoe County Historical Association has an active program coming up for the rest of 1978.

Starting on February 14, two Barrie historians, Irene Perri and Isobel McBride will give a talk on some of Barrie's more interesting buildings at the Simcoe County Museum. The meeting is open to all that wants to attend.

McBride and Perri

have slides of many of Barrie's historic buildings which have been destroyed. These will be shown during the talk.

In February, the historical association will be publishing a booklet on Barrie's history. Recently, they have reprinted a newspaper from 1895 which contains more than 75 photographs of Barrie at that time.

Copies of this paper will be on sale in February. The association will continue this year to mark historic sites with plaques, publish a newsletter and hold an essay contest for students. They will also have nine public meetings this year to discuss different aspects of Simcoe County's history and heritage.

Guild teaches weaving

by Shirley Whittington
There was plenty of finger twisting activity at the Huronia Crafts Guild headquarters in Penetanguishene last weekend when a group of area women learned the ancient art of Ceinture Flechees, (fingerweaving).

Mrs. Gertrude Major of Lafontaine demonstrated how it was done, using yarn, two wooden sticks, a clamp and some nylon ties.

The resulting belts were colourful, and resembled those worn by early voyagers. Adrienne Graham Gardner, secretary of the Crafts Guild explained that the belts served a variety of uses.

"They were wide, and they kept the kidneys warm. When wrapped several times around the body, they also formed pockets, and they were used to tie bundles around the head. Because many of these ceintures were made of wool treated with beeswax, they were

waterproof. Often there was a particular colour combination for each household."

The weekend seminar on finger weaving is the first of a series which the Huronia Crafts Guild hopes to hold in the Guild House at 63 Burke Street. The cosy building was provided rent free by the Town of Penetanguishene. Inside there is a workroom and office, with ample display space for items made by members.

Upstairs, there are three studios which rent for \$25 a month.

"This just about covers our fuel bill" says Adrienne.

Doreen McCurry works in stained glass in one of the studios and a second is used by David Tennant, an artist. The third is vacant.

Instruction in crafts is just one of the objectives of the newly formed Crafts Guild, which is funded by a Canada Works grant and employs Adrienne Graham

Gardner, Marlene Pruesse and Lydia Helzel.

The Guild House on Burke Street is open from 10 a.m. to 4 p.m. each weekday, and visitors are welcome.

AVIS

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- Truck rentals

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FORD SALES
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EVERY FRI. & SAT.

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Prices are going way DOWN

Colony Sanders
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TOWN OF PENETANGUISHENE PROCLAMATION

WHEREAS the Civitan Clubs have proclaimed the week commencing January 30, 1978, as Clergy Appreciation Week;

THEREFORE I, Vince D. Moreau, Mayor of Penetanguishene, do hereby call upon the members of the Civitan Clubs and all Citizens of the Town of Penetanguishene to observe it as such for the purpose of recalling to the community the accomplishments and contributions made by the Clergy who serve its citizens as well as the Nation at large.

TOWN OF PENETANGUISHENE,
MAYOR VINCE D. MOREAU

(Sponsored by the Midland Civitan Club)

John L. Shewfelt D.C.

FAMILY CHIROPRACTIC CENTRE

OFFICE HOURS

Monday: 9:00 - 5:30
Tuesday: 9:00 - 5:30, 7:00 - 9:00
Wednesday: 9:00 - 12 noon
Thursday: 9:00 - 5:30, 7:00 - 9:00
Friday: 9:00 - 5:30
Saturday: 9:00 - 1:00 (By appointment only)

Phone: 526-5850

IGA 4 BIG WEEKS of PRIZES

FIRST WEEK!

149

Proctor-Silex
ELECTRIC PERCOLATOR

One of these Proctor Silex Electric Percolators will be won by a customer in every one of the IGA stores covered by this advertisement. And it could be you, so get your entries in now! Winning entries will be selected in each store at closing time, Saturday, Feb. 4th, 1978.

SECOND WEEK!

149

Jubilee or Purity
DEEP FRYERS

One of these Jubilee Deep Fryers will be won by a customer in every one of the IGA stores covered by this advertisement. And it could be you, so get your entries in now! Winning entries will be selected in each store at closing time, Saturday, Feb. 11th, 1978.

THIRD WEEK!

149

Jubilee
ELECTRIC KETTLES

One of these Jubilee Electric Kettles will be won by a customer in every one of the IGA stores covered by this advertisement. And it could be you, so get your entries in now! Winning entries will be selected in each store at closing time, Saturday, Feb. 18th, 1978.

FOURTH WEEK!

149

Fleetwood B&W
12" TELEVISIONS

One of the handy Fleetwood B&W 12" Televisions will be won by a customer in every one of the IGA stores covered by this advertisement. And it could be you, so get your entries in now! Winning entries will be selected in each store at closing time, Saturday, Feb. 25th, 1978.

AN APPLIANCE PRIZE EVERY WEEK FOR FOUR WEEKS IN EVERY ONE OF OUR 149 IGA STORES

ELMVALE I.G.A.

Open Thurs. & Fri. 8:30 a.m. - 9:00 p.m.

PENETANG I.G.A.

HIGH POINT MALL 9:00 - 6:00 Mon., Tues., Wed., Sat. 9:00 - 9:00 Thursday, Friday

MIDLAND I.G.A.

Yonge and Russell Sts.
Mon., Tues., Wed. and Sat. 9:6, Thurs. and Fri. 9:9, Sunday 11:5

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Use the classifieds for quick results

Service directory

HOME SERVICE	HOME SERVICE	HOME SERVICE
<p>Quality Carpet Care Centre</p> <p>STEAM CARPET CLEANING</p> <p>UPHOLSTERY CLEANING</p> <p>FREE estimates Pickup & Delivery Residential and commercial</p> <p>Midland 524-9809 Penetang 549-2080</p>	<p>Authorized Sales & Service</p> <p>Electrolux (Canada) Ltd.</p> <p>Telephone (705) 728-3392</p> <p>Ask for free home demonstration - made in Canada Domestic and Commercial vacuum cleaners, floor polishers, rug shampooers, seat chests and garment-air-vaults.</p>	<p>BELANGER ALUMINUM SALES</p> <p>Specializing in Aluminum Siding Soffit and Face Board Windows, Doors, 5" Seamless Eavestrough in choice of 4 colours</p> <p>Phone Collect 526-6836 338 Eighth St. - Midland</p>
<p>INSURANCE</p> <p>DUTCHER & CORBETT LTD.</p> <p>INSURANCE</p> <p>322-1533 Fred Harpell</p>	<p>ELECTRICAL</p> <p>MINNINGS ELECTRIC Elmvalle Electrical Contractor 322-1307</p>	<p>REYNOLDS ELECTRIC Wyevalle Wiring, Plumbing Heating 322-2300</p>
<p>Drywall Problems?</p> <ul style="list-style-type: none"> • Insulation • Boarding • Taping • Spraying • Handmade Ceilings • 20 yr. experience <p>Call Louis 526-7251</p>	<p>ACCOUNTANTS</p> <p>Acton Bookkeeping and Tax Services</p> <ul style="list-style-type: none"> • Payroll • Tax - business & personal • Bookkeeping <p>8 a.m.-8 p.m. 1-726-5218</p>	<p>BUMSTEAD'S Electric & Plumbing Service & Repairs 322-2613 Wyevalle, Ontario</p>

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- San Antonio
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