

HORSE BITS

With Lola Wood



Last week, I went out to Hopperton Stables for some advice. As usual I found something new had been added. Bruce has invested in a treadmill to help exercise his horses. He has a racing stable and likes to keep up to date on the best equipment. The treadmill is expensive but pays for itself in time saved and a noticeable improvement in the condition of the horses. Also, they can be exercised in bad weather when the track is muddy. It can be used to ready young horses for sale, bringing higher prices on account of their superior conditioning and justifying purchase of the machine.

While the treadmill tones the legs and system, Bruce continues to work part time on the track because it improves wind. The horses do twenty to thirty minutes daily on the machine and are on the track two to four times a week. Once a week he races the horses at speed, depending on the particular requirements of the animal.

Bruce has modified the machine to suit his needs. Some horses walk faster than others and he has adjusted the machine to suit the pace of the horse. The machine is on an incline which makes the horse work harder.

The horses were a little nervous at first, but they settled down quite easily. The machine is still experimental, being used only for certain types of horses, those difficult to manage and those with leg problems.



With Katherine Durrer-Mattice

Castor Cuisine

Violi's of Massena

In this day of growing numbers of new restaurants, one sometimes does not know what kind of a place he is going to hit on. The name 'Violi's' conjures up the picture of authentic Italian cuisine and there is nothing misleading about that!

It is a genuine Italian restaurant, located on the main street of Massena, New York, just across the International Bridge and south of Cornwall.

We chose aperitifs from a list of competitively priced drinks and accompanied them with a crispy Italian Antipasto appetizer (large size \$5.95). It included fresh carrot and celery sticks, several kinds of olives and, of course, hot red and green Italian peppers. This we enjoyed with our basket of lovely rolls, various kinds of crackers, and bread sticks which came automatically on the table. The list of appetizers included everything from Tomato Juice (\$0.60) to Jumbo Shrimp Cocktail (\$4.95).

My husband started his meal with a delicious "cheesy" Baked Onion Soup (\$2.00). I tried a few spoonfuls and wished I had ordered one myself, it was so good! Other soups on the menu included Zuppa del Giorno (\$1.00) and Minestrone (\$1.00).

For the main course we chose two house specialties from a varied menu of veal, chicken, and fish dishes as well as steak, pizza and pasta plates. Prices ranged from \$2.75 for a small pizza to \$14.95 for Lobster Tail.

I chose a Saltinbocca Alla Violi (\$8.95) translated on the menu as filets of veal, stuffed with sliced prociutto ham and mozzarella cheese, all fried in butter and a Marsala wine sauce, seasoned with Italian herbs and accompanied by a choice of potato and vegetable or a side order of spaghetti. I chose the baked

potato with sour cream which came with cauliflower souffle, something different for a restaurant to serve, and which was simply scrumptious, and baked squash. (The chef at Violi's is known by his regulars for his specially prepared vegetable dishes.) My dinner was fantastic.

My husband, not feeling "Italian" that night, was glad to be able to settle for the house specialty, Delmonica Alla Violi (\$9.50), a specially seasoned steak, served with melted butter.

As usual, I had no room left for dessert, but my husband made room for a "Deluxe Chocolate Parfait" (\$1.50), a parfait really big enough for two. It was, from all accounts, "heavenly". Desserts ranged from Ice Cream (\$0.90) to Cheesecake (\$1.50) and an assortment of daily homemade

pastries and pies. The dessert we accompanied with tea (\$0.50) and Cafe Espresso (\$1.00). Irish Coffee (\$2.50) and Spanish Coffee (\$2.50) were also available.

PINETREE STABLES

RIDING SCHOOL

LOLA WOOD 445-2976

FIELD ASSOCIÉ
AUTOMOTIVE LTD. **UAP** ASSOCIATE
 MACHINE SHOP SERVICE

TOOLS & EQUIPMENT BODY SHOP SUPPLIES

Mon. - Fri. 8 - 5:30 p.m.
 Sat. 8 - Noon

INDUSTRIAL PARK EMBRUN

443-5141

O. Maheu

FONDEE 1896 ESTABLISHED

Furniture • Carpets
• Appliances • Televisions

Big Savings in the TV Department



SUPER SPECIAL

\$449* 20"

Télécouleur 20"
 Toute une aubaine!
 What a bargain! 20" Col-
 or TV set

We carry a large selection of Dining, Living & Bedroom sets
 All at reduced prices.

• TERMS AVAILABLE • FREE DELIVERY

Embrun

372 RUE NOTRE DAME

443-2191

Gary R. Barnes

B.A. LL.B.
 Barrister, Solicitor & Notary.

Russell Office
 85 Mill St.
 445-2177

Ottawa Office
 100 Sparks St.
 Suite 200
 237-2222

ROGER'S
 PRINTING

- BUSINESS STATIONERY & CARDS
- WEDDING STATIONERY
- TICKETS • FLYERS
- SILK SCREEN PRINTING
- T-SHIRTS & CRESTS

RUSSELL 445-5409 Evenings

DOUGIE'S ELECTRIC

Plumbing and

Repairs

Residence, Rural
 and Farm

Free Estimates

My Aim...Your
 Satisfaction

Call Doug Eastman

Anytime

445-5674 OR 445-2813

Gerry Leroux



EXCAVATING

Excavators — Backhoes
 Dozers — Loaders — Ditching

Res.: (613) 445-5603

Bus.: (613) 236-6822

Box 39

RUSSELL

K0A 3B0

Cochrane's Dairy Ltd.

LOCALLY OWNED
 AND OPERATED
 BY CANADIANS

821-3887

445-2959