

MOVING? WE WANNA COME ALONG.

Be sure to give us your new address.



Hours:
Wed. to Fri. — 9 a.m. to 9 p.m.
Saturday — 9 a.m. to 4 p.m.

Cut & Blow: \$9.75 **MEN**
Cut Only: \$5.00 Cut Only: \$5.00
Cut & Set: \$6.00 Cut & Blow: \$7.00

Russell Hair Fashion

Forced Road

445-5497

445-2871

R. S. Eldridge
Cartage

**STONE, SAND, FILL, TOP SOIL
& SNOW REMOVAL**

Russell, Ont.

Bob Eldridge
445-2864



LaCo-operative Agricole

RUE NOTRE DAME EMBRUN
Office 443-2833 IGA 443-3064

Hardware 443-2833 Feed Dept. 443-2946

Petroleum Dept. 443-2892 Fertilizer 443-3333

WINTER SPECIALS!
FOR A LIMITED TIME ONLY

ALL ORDERS OF
UPHOLSTERY FABRIC
(15 YARDS AND OVER)

25% OFF

EXAMPLES:

100 Per Cent Nylon Tweed \$19.98
(Discount \$4.99)

Your Cost Per Yard
\$14.99

Velvet at \$29.95 (Discount \$7.48)

Your Cost Per Yard
22.47

CLAUDE'S
MANUFACTURING
& UPHOLSTERING
MOREWOOD
448-2233

We have a combined
total of 30 years
experience in the
manufacturing and
upholstery of
furniture.

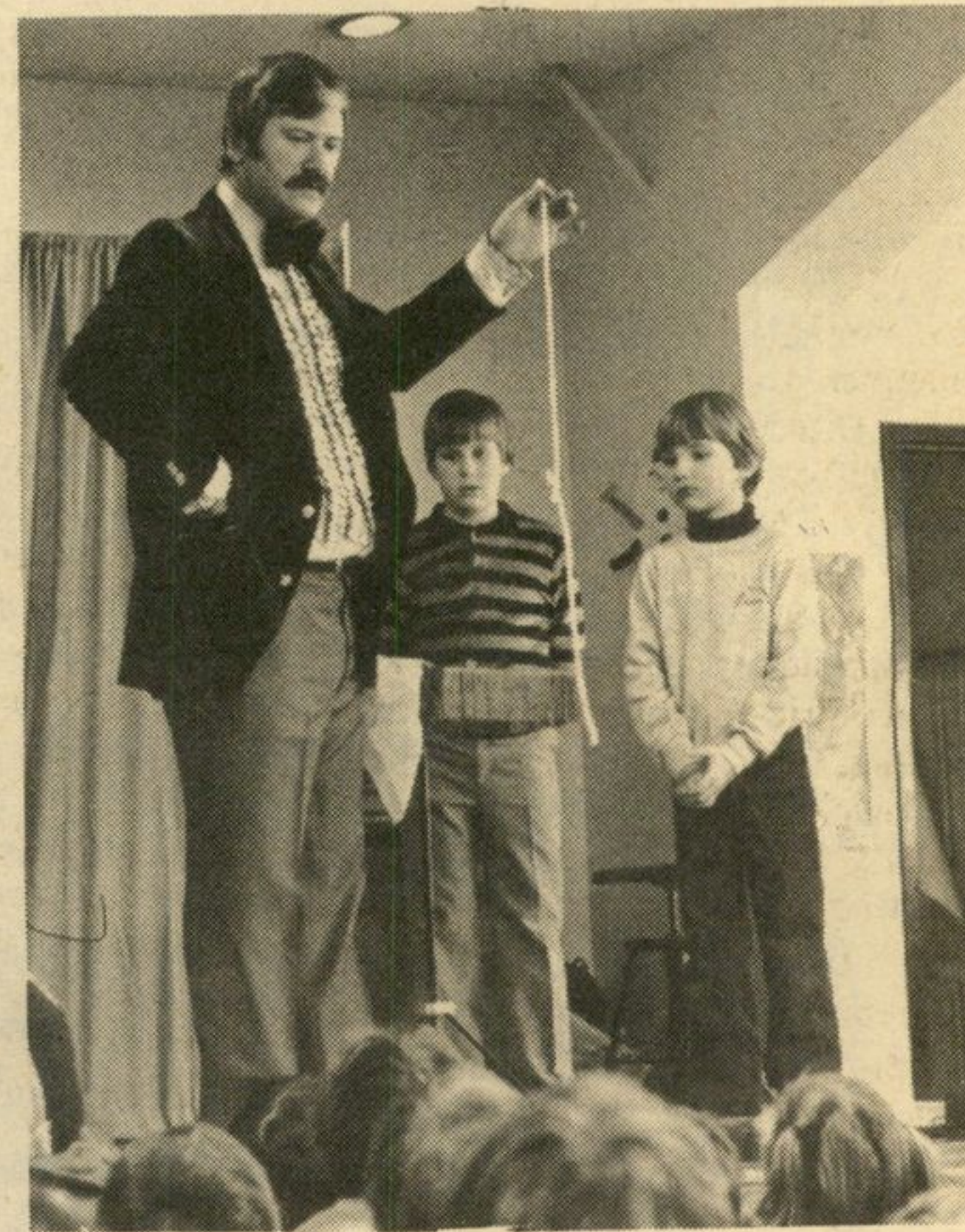
DON'T WAIT FOR
SPRING CALL US
NOW FOR A

**FREE
ESTIMATE!**

CALL THE
EXPERTS



The First Annual Russell Winter Carnival Fishing Derby-on-the-Castor went over big. Winners were Stephen Scharf (second, with a 5-pound pike), and Loretta Rombough (first, with a 3-pound pike), Ron Scharf (third, with a 5-1/2-pound pickerel). Don't be misled by the 4-1/2-pound pickerel, Dorothy Scharf (fourth, with weights, the scale was one-half pound off).



Horse Bits

Winter's great for riding

By Lola Wood

At least once a day, I am asked, "Do you really ride in winter?" Of course we do! There is nothing in the world like taking a frisky horse out for a trail ride or a work-out on a brisk winter day. You'll notice the horse-flies are very scarce. The apres-riding cup of cocoa or whatever tastes twice as good, too.

The trick is dressing for it. Don't worry about the horse. He

grows his own. I have accumulated a wardrobe of winter riding and teaching clothes.

Did you know that 60 per cent of your body heat can be lost through your head? So, wear a woolen ear band over your ears, under your riding hat.

Cheap rubber riding boots can be bought large enough to add sheepskin inner soles, and wollen socks. No synthetics! Make sure that the inserts on your stirrup

irons cover the metal. The cold stirrup iron can draw the heat from your feet.

Long-johns of wool/cotton mix are a necessity. You can also try jeans with chaps over them, but they are much more expensive. If you wear breeches, cross-country type long-johns will be more comfortable, since they end at the knees; or you can cut them off.

The upper body needs a layered system. Starting with wool, and cotton undervest and then a quality cotton turtleneck. Add to this a wool shirt and/or sweater. On warmer days you can shed a layer. Just make sure that they are long enough to cover the small of your back.

The outer layer should be a down jacket or vest. They're light, extremely warm, and also help to keep you dry; both from perspiration and the odd shower.

I have always worn ski gloves. If you shop around, you can find some that are quite flexible. Cross-country ski gloves with liners are considered the best.

So there you are; "Let's go Riding in the Snow!"

Note to members of the Shelo Club who would like to hear news of your club: After trying vainly to pry loose some information, my answer now is — "You do it!"

**EMBRUN PLUMBING
SUPPLY**

EVERYTHING YOU NEED
FOR YOUR PLUMBING & HEATING

REPAIRS — RENOVATIONS —
OR NEW CONSTRUCTION

AGENT FOR
LAKEWOOD STOVES

VISIT OR PHONE
OUR SHOWROOM
AT
INDUSTRIAL PARK
EMBRUN
443-5258

