

OMSIP plan will widen the availability of medical insurance to many small groups, as well as large.

tage of more convenient medical insurance coverage. Employment groups, those made up of people at a common place of employment, are of course also eligible.

- The family of two \$10.00 every month
- The family of three or more \$12.50 every month

Effective Dates of Coverage:

- A) If the applicant applies within 30 days of the termination of coverage by a group medical insurance plan, OMSIP coverage begins on the day following the termination of the former coverage.
- B) OMSIP coverage of other group applicants becomes effective three months following the date when application is received and approved.

OMSIP helps pay your doctor's bills. OMSIP pays 90% of Ontario Medical Association schedule of fees.



HEALTH INSURANCE REGISTRATION BOARD

Medical and Hospital Insurance Services for Ontario
2195 Yonge Street, Toronto 7

GOVERNMENT OF ONTARIO

Hon. JOHN P. ROBERTS, Prime Minister

White River," Mr. Harris commented, "It is almost impossible with all the voting delegates prior to the convention un- of our annual meeting."

s have yet to decide definitely how delegates will be selec- ought they would follow the usual Liberal pattern of elect- ' meeting. In anticipation of a large turn out as a result e upcoming Liberal Leadership campaign, Mr. Harris said book the Legion hall in Nipigon for that date, - although held in a much smaller building.

es that this positive action to attract the potential can-

didates to the area, for the people to see first hand, will act as a spur to the other riding Associations in the area", concluded Mr. Harris. "Those candidates who decide to come to Nipigon would probably have to pass through Fort William and Port Arthur and we shall make every effort to co-ordinate itineraries with other riding Associations if they wish."

Further information available from Bill Harris Office - 887-3027 Residence - 887-3327



PEARS 'N' CHEESE SPARK EVENING SNACK

- 1/4 LB Roquefort cheese, crumbled
- 1 pkge cream cheese, softened (4-ounces)
- 1/2 cup grated Cheddar cheese
- 1/3 cup finely chopped fresh parsley
- 6 fresh winter pears

Bland together Roquefort, cream and Cheddar cheeses. Divide into 12 portions; form each into a ball. Roll in parsley. Halve and core pears. Fill pear centers with cheese balls. Makes 6 servings.

How many evening snacks turn out to be no more than a fleeting tasteless pause to satisfy those after dinner hunger pangs? May we suggest an appetizing treat like Pears 'N' Cheese which not only appeals to the eye, but is marvelous to eat. It will give any snacker pause to reflect and gather his energy to resume evening enjoyment. A chunk of crusty bread is a fine accompaniment. Pears include a good spectrum of nutrients and yet are very low in calories. Try it -- you won't deny yourself again.