

Fifty-seven Canadians were killed and hundreds more were injured in automobile accidents across the country on Victoria Day weekend last year, according to Insurance Bureau of Canada.

IBC, which represents most of Canada's fire, casualty and automobile insurance companies, recommends these safeguards to help prevent death and injury on our roads this Victoria Day holiday:

- Obey speed limits and traffic laws at all times.
 - Use your car's seat belts. Remember, they can save lives.
 - Have your car thoroughly safety checked before starting out on a holiday.
 - Take frequent breaks from driving by stopping for meals, rest, etc.
 - Rotate the responsibility for driving if you are travelling with more than one driver.
 - Avoid driving for long periods of time at night on unfamiliar roads.
 - Be aware of the differences in traffic laws which exist between provinces and states.
 - Never drink if you are driving
 - If you are travelling with young children, ensure that they stay seated and car doors are kept
- cont'd bottom of column



Frank Warren of St. Thomas, Ontario, sees the world through the eyes of a thin man. At one time he couldn't tie his shoelaces - now 202 pounds lighter he's back playing fastball.

He was among the forty-seven men and women who lost a total of two-and-one-quarter tons of excess weight while on the weight watchers program. He is seen here with Mrs. Adelaide Daniels, founder and director of Weight Watchers of Ontario Limited.

locked. Children often become bored on long trips so take a game or some toys along to keep them amused.

SCHREIBER FASTBALL LEAGUE

DANCE

SCHREIBER HIGH SCHOOL

MAY 19 - 9 P.M. - 1 A.M.

'LIVE ENTERTAINMENT'



\$3.00 COUPLE

\$2.00 SINGLE

KINSMEN CLUB OF SCHREIBER

KINGO CARDS may be obtained from the following outlets: -

- | | |
|----------------------|---------------|
| Caccamo's Foodmarket | - Terrace Bay |
| Costa's Foodmarket | - Terrace Bay |
| Costa's Foodateria | - Schreiber |
| Caccamo's Limited | - Schreiber. |