

**MR. & MRS. NICOL CELEBRATE 50th ANNIVERSARY**

Mr. and Mrs. Edmond Nicol celebrated their 50th wedding anniversary on October 7th, the festivities beginning with a dinner in the home of their son Edwin in Terrace Bay, when the table was centered with a tiered wedding cake made by his wife. The delighted grandchildren were appointed to present the various family gifts.

The party returned to the Nicol's home in Schreiber for an evening reception when a host of former Jackfish friends and immediate Schreiber neighbours called to offer congratulations and present gifts, among these a handsome framed congratulation from Pierre Trudeau, the Prime Minister.

An amusing interlude occurred when the happy couple, devoted fans of the Canadiens Hockey team received a message of congratulations, purportedly from the Toronto Maple Leafs - their momentary consternation amply repaying the wag who had sent it.

A tribute to their many years at Jackfish was a centrepiece made by Mrs. Kay Verdoni and Mrs. Bertha Winters, recalling the days when Jackfish was a thriving village due to the ships bringing in coal to store in a monstrous pile for the steam locomotives. A miniature coal boat had the Nicol family aboard, with even the small island in the harbour included in the setting, and concealed in the small craft was a packet containing \$150.00 - the gift of friends.

Mr. Nicol came to Jackfish in 1909, from St. Pierre, Quebec and was employed in the general store, first by W.J. Ryan and later by his uncle, P.A. Nicol.

Mrs. Nicol went to Jackfish in 1921. They were married in the little church, Star of the Sea, by Father La Fortune.

They lives in Jackfish until Mr. Nicol retired in 1963 when they came to Schreiber, where their son

Gerry lives with them. They also have their son Edwin in Terrace Bay and a daughter Isobel - Mrs. Tony Cenerelli, of Kitchener and eleven grandchildren.

Mr. Nicol is a veteran of the First World War and member of the Royal Canadian Legion, Branch 109.

Among those attending the party, from out of town, were Mr. and Mrs. Cenerelli and family, Kitchener; Mr. and Mrs. Allen Sahl, Mr. and Mrs. Emil Charban and Mr. and Mrs. Jarvis Patterson of Thunder Bay; Mr. and Mrs. Arnold Almos and others, Terrace Bay. Mr. and Mrs. C. Todesco and others, Rossport.

## ADELAIDE DANIELS



## SAYS

### FLAVOUR MAKES THE DIFFERENCE

A flavouring guide is a prime requisite for anyone who plans to lose weight as flavour rates in importance only second to calories and nutrition.

As you know, a meal virtually robbed of flavoursome fats, oils butters, sugars, creams, sauces and gravies might be indeed boring and could arouse one into eating foods not on their meal plan.

But when the sense of smell is met with aromatic enchantment, when the eye lights on a colourfully garnished platter, when taste buds are satisfied to their fullest - a weight watcher's way of eating can become a joy to the soul as well as to the stomach.

To improve the lot of the dieter, there is a tantalizing array of herbs, spices and other flavour-makers - most of them without calories but filled with wonderful taste sensations.

Often your dinner requires only a pinch or a dash of that extra "something" to transform a bland dish into a veritable experience. Stock your shelf with flavour-makers to have on hand at a moment's notice to experiment with. Most of them can be found at your local supermarket - but also it's worth a trip to your favourite gourmet shop to seek out some of the more exotic spices and herbs.

Grow fresh herbs in your "Kitchen Garden" which can be a window box. Many good cooks also prefer to grind or grate their own spices - such as nutmeg - and would never think of using pepper from anything but their own pepper mill. These are the extra little touches that make everyday cooking a bit more fun.

A few tips to remember when buying spices and dried herbs: Look for quality and buy in small quantities. Then make sure that they are in tightly covered jars or containers and stored in a cool place. When you notice the scent becoming weak this means it's time to replace the herb or spice. And fresh herbs should be used as soon as picked from your garden or bought in the supermarket.