

Can you tell if your company got an Energy Conservation Suggestion Scheme?

- Are the door seals on your oven, refrigerator and freezer good?
- Don't use the oven if a toaster or fry-pan will do the job  If you buy an electric heater, make sure it has a thermostat  Use lower wattage bulbs if you can  Use Christmas lights from 6 pm till bedtime  Use pots that cover stove elements  Thaw frozen food before cooking  Defrost freezers regularly  A pressure cooker saves energy as well as time  Don't use the dryer till it's full.

**8-13 Keep the heat in!**  
Insulation, especially in attics; pays off in the long run  Fit storm windows, weather-strip outside doors  Keep fireplace damper closed  Use range hood ventilators only when necessary  If you sleep with the window open, close the door  Close drapes at night.

**14-17 Use your thermostat.**  
Each degree you lower the thermostat cuts fuel consumption about 3%  It's possible to save by turning the

**We're taking our own advice.**

All Ministries and Agencies of the Ontario Government are doing their bit to conserve energy. Lighting and heating levels are being reduced in government buildings; a new emphasis is being given to economical operation of vehicles; Ontario Hydro and the Ministry of Education are encouraging consumers and schoolchildren to learn good habits in the use of energy. And that's just a beginning!

Save this check list... and save energy!

Ontario will play its part in resolving the Canadian energy situation. Carrying out these suggestions will help achieve the national energy conservation goals.

# Government of Ontario



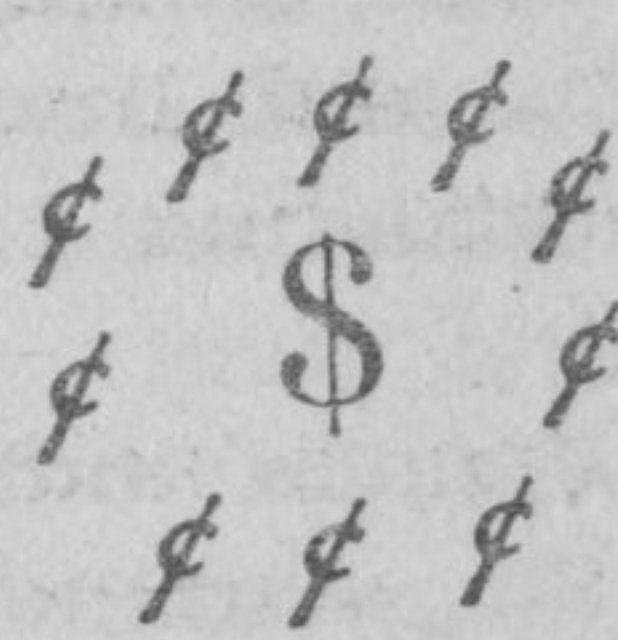
## DOJARS & GOOD \$ENSE

by WILLIAM J. MARTIN  
Special Consultant to  
Avco Financial Services

Buying toys for youngsters is one of the joyful traditions of the holiday season, of course, and one that will never go out of style.

Too often, though, the toys are either broken or damaged by the time you take the tree down. Even if undamaged, children tend to quickly grow weary of many of their shiny gifts.

There is one type of gift that doesn't tarnish quickly or break and, in fact, improves with age. According to W. Scane Bowler, of Pioneer Western Corp., it's a well planned financial program.



Even though insurance policies, mutual funds or stock shares, savings accounts or real estate interests are not as tangible as the glittering toys received at Christmas, they'll be around a lot longer.

It's the kind of gift that will help put a child through college, prepare for marriage, buy a home and build a comfortable future. It's a present that will be appreciated more and more as the years go by.

The toys and other expected gifts are fine, but parents and other relatives would be wise to consider the gift that could lead to a secure future for their youngsters. It may not bring the biggest smile on Christmas morning, but it will bring a much greater pleasure in the long run.

Readers' questions are welcome and should be sent to Box 5875 London, Ontario.

## MINIQUIZ

on Canada's Great People  
BY RAY IRELAND

What world-renowned band leader from London, Ontario, enjoys speedboating, never misses "bringing in the New Year" with his group at a big American hotel, and is known for playing "The Sweetest Music This Side of Heaven"?