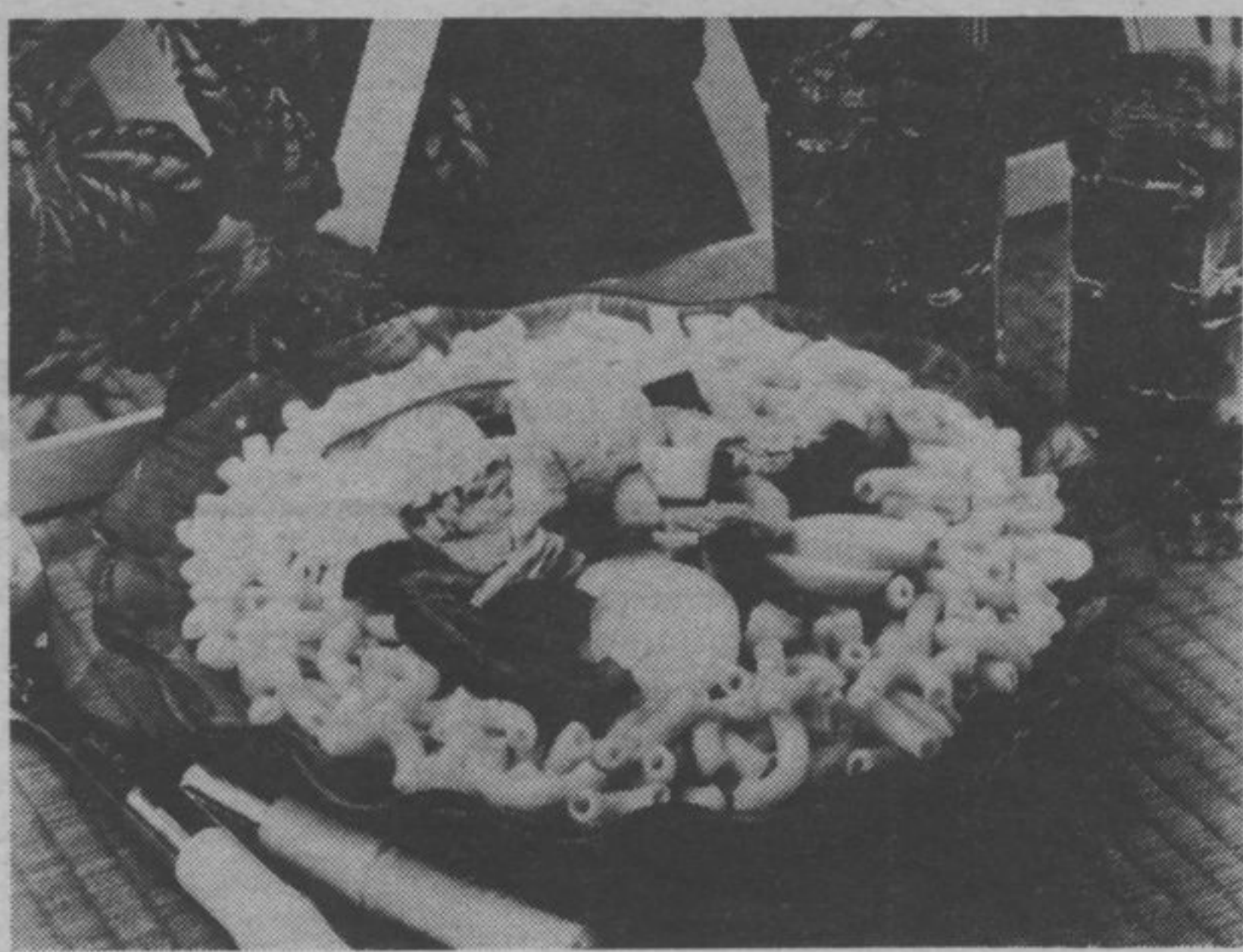


Schreiber boxers in tough contest



Pasta - for family raves

Most mothers know the frustration of spending hours preparing family meals only to hear a chorus of boos at the dinner table.

Here's some simple advice on how to treat yourself to rave reviews yet spend less time in the kitchen. Treat your family to pasta.

Pasta is the family food of the 80's. It can go from the cupboard, into boiling water and onto the table in minutes. It's ideal for busy moms and fun for kids - even problem eaters.

All children love twisting their forks around long strands of pasta and parents can rest assured that their families are getting important nutrients they require. Pasta, made from the finest Canadian durum wheat, is an important source of protein, fiber

and complex carbohydrates.

Pasta is high in taste and low in fat, cholesterol, sodium, calories and cost.

What makes pasta the ideal food for families?

* Pasta on the shelf can swiftly be transformed into a special meal when children or spouses bring home unexpected dinner guests. In fact, dry pasta can be stored indefinitely.

* Children can become master chefs when preparing their favourite pasta recipe. They'll have fun working with the different shapes and sizes and you'll enjoy the time out of the kitchen - especially if they clean up.

* For children who play hockey or football, are runners, dancers or gymnasts, pasta is the perfect food. As a complex carbohydrate and the most efficient energy source, pasta provides a slow burning energy vital in athletic performance.

* Pasta is not only delicious the first time round but leftover pasta is a great addition to soups, stews, casseroles, omelets and salads.

* Pasta is ideal for calorie conscious moms; ½ cup of cooked pasta has only 87 calories. Topped with a light sauce, pasta makes a satisfying 'diet' dinner your family will love.

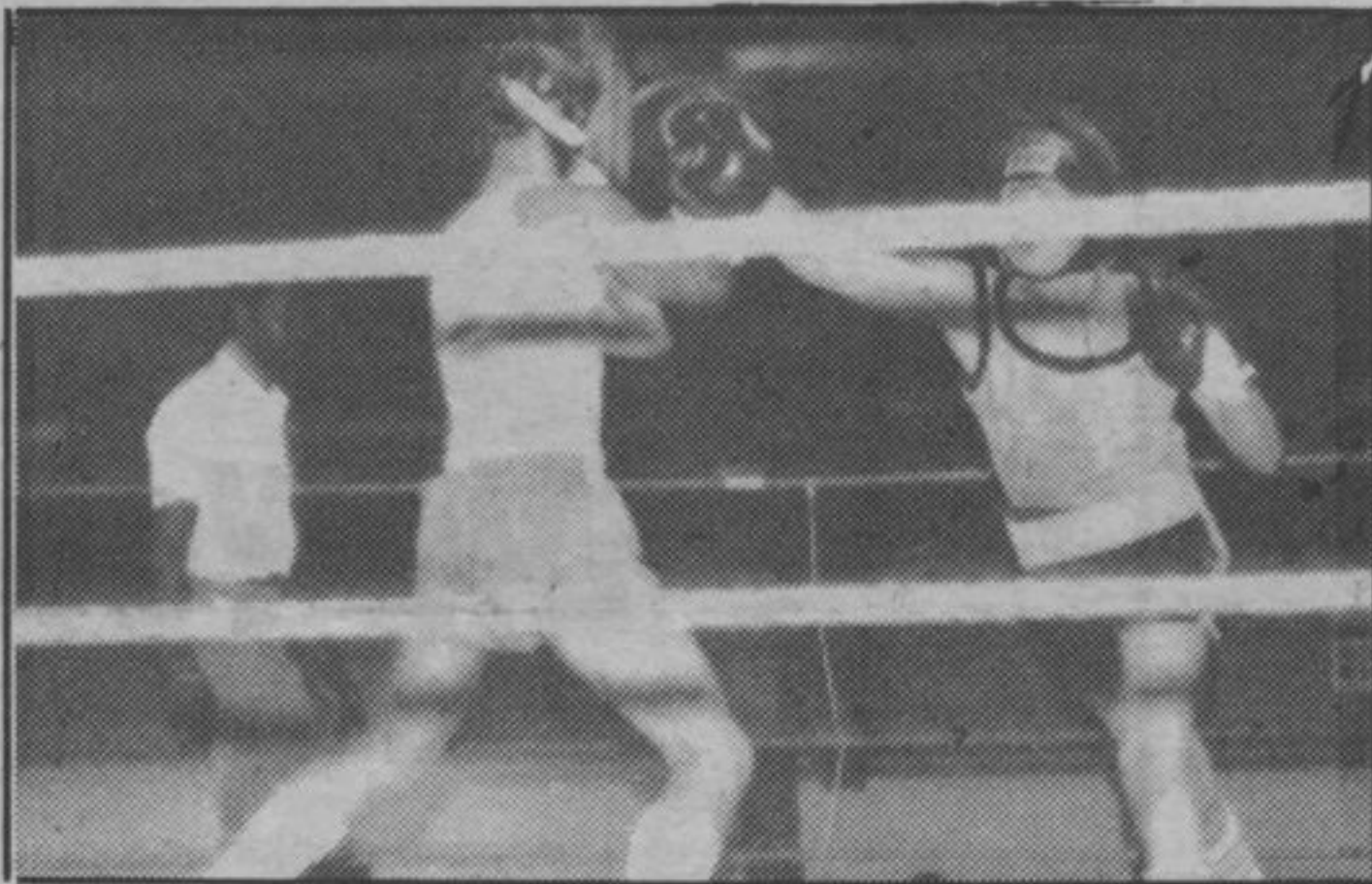
* Perfect pasta can be ready in 8 - 12 minutes depending on the size and shape. Simply follow the directions on the package. Remember to use 1 quart of water for every 4 ounces of pasta. Stir frequently and avoid overcooking.

* Lastly, pasta is versatile. Leftover chicken, fish, sliced meat, cheese or

vegetables can be combined with any shape pasta to make an innovative, colourful and quick meal.

The following recipes are just a sampling of pasta's adaptability in family meal planning.

Other pastabilities are available to consumers in the **Pasta Lightstyle Booklet** by writing The Pasta Information Bureau, 80 Bloor St. West, Suite 1500, Toronto, Ontario M5S 2V1.



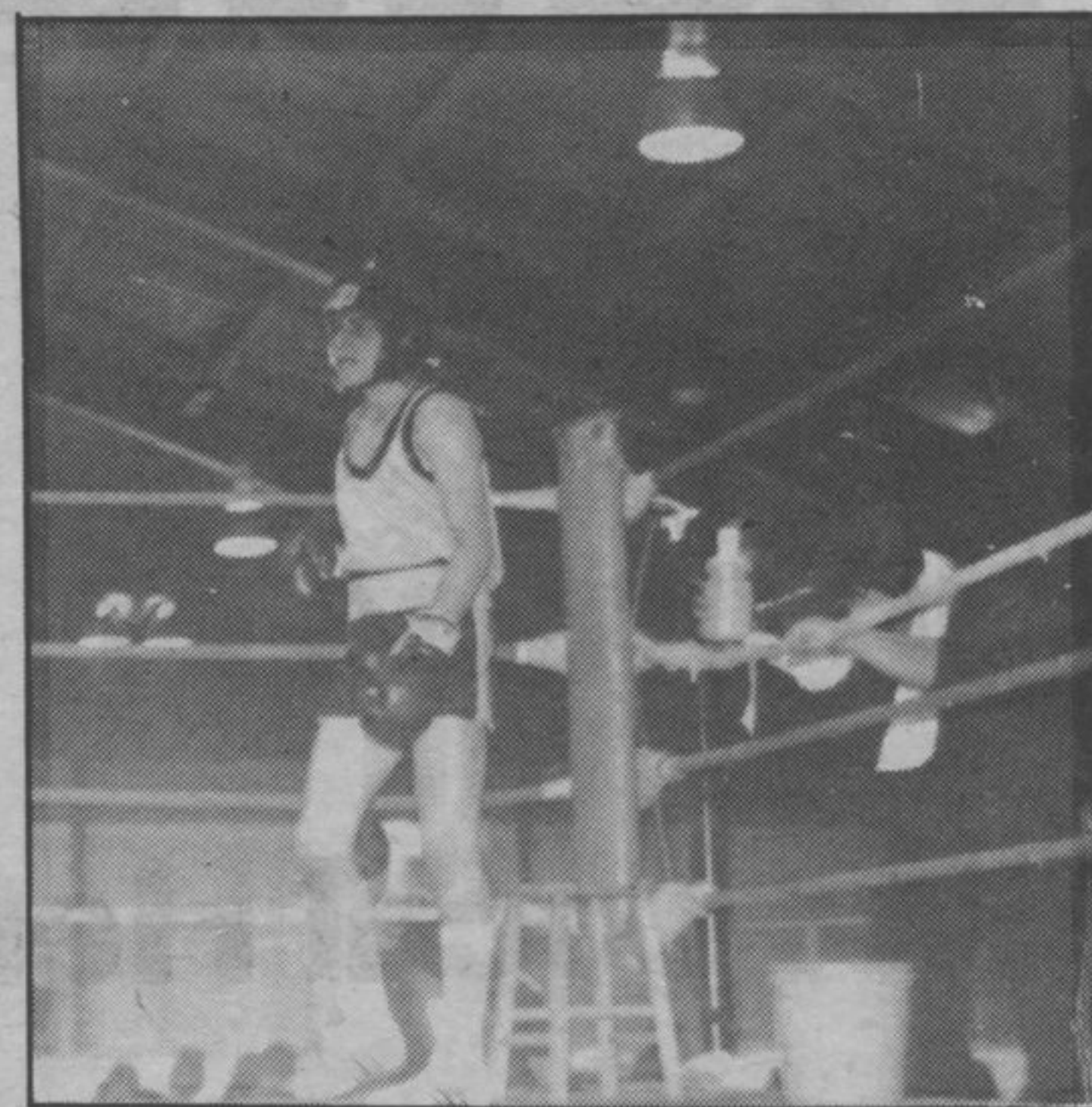
The Schreiber Boxing Club had a small team at their recent matches in Timmins, but what they lacked in numbers, they made up for in spirit. One Schreiber fighter even fought two matches, thanks to his great physical conditioning.

Dean "Lonestar" Filane was the newest Filane brother to start a boxing career, and he did it in style. It was Dean's first and what he lacked in experience, he made up for in aggression as he outfought Timmins boxer Bernard Godin, and won a 2-1 decision.

Gerry Filane, a usual slugger, was forced to turn boxer against Timmins' Desar Lecerf. Lecerf was a big, strong fighter who backed Gerry up with booming hooks in the first round. Gerry maintained his cool and methodically picked apart the Timmins boxer. The third round saw the referee step in and stop the fight as Lecerf was bleeding and hanging on to the ropes. Lecerf's brother, Paul, another Timmins boxer, challenged Gerry and paid the price. Lecerf, like his brother, attacked with wild punches as Gerry

peppered him with countless blows. The final bell saw this Lecerf still standing, barely. Gerry was awarded an unanimous decision, and another trophy.

Schreiber's Claudio Comisso gave up experience to Timmins' Gary Lebrun, but not heart, as he went toe to toe with Lebrun. Claudio was a crowd-pleaser as he never gave an inch and brawled with Lebrun. Claudio was successful in bloodying the Timmins fighter and knocking his mouthpiece out. It was a great fight that saw Comisso lose a 2-1 decision. A re-match would be interesting.



Gerry Filane during his bouts in Timmins. Gerry was representing the Schreiber Boxing Club.



ST. MARTIN SCHOOL Terrace Bay

REGISTRATION

- For students not previously registered will take place: **Tuesday, September 3, 1985**
- Classes for ALL STUDENTS from J.K. - 8 will begin on: **Wednesday, September 4, 1985**

B. Lalonde
Chairman

G.J. Matys
Director of Education

DEATH

KRAUSE — Mr. Gustav Krause, age 78 years, of Schreiber, passed away in Thunder Bay hospital on Tuesday, Aug. 20, 1985. Born in Bremen, Germany, on June 16, 1907, he came to Canada in 1929, and was married to Ida Winters of Schreiber on Oct. 1, 1934. He was employed by CPR as a locomotive engineer, retiring in 1972. He was a member of the BLE and German Canadian Assoc. Survived by his wife Ida; sons Robert of Schreiber, Ernest of Thunder Bay; cousin Herman Von Minven of Pennsylvania; 10 grandchildren, and four great grandchildren. Predeceased by his mother, father and brother, all of Germany. Rested at the King Funeral Home, Schreiber. Services were Friday at 2 p.m. from St. John's Anglican Church. Interment in Schreiber Cemetery. If friends so desire, donations to the charity of their choice would be appreciated.

BIRTH ANNOUNCEMENT

Rick and Cheryl Hamilton are pleased to announce the arrival of their first child

BRIANNA CALLIE



weighing 5 lbs. 15½ oz. Proud grandparents are Scotty and Marg Hamilton of Terrace Bay and Mrs. and Mrs. Robert Brown of Grande Prairie, Alberta. Special thanks to Dr. Keith Wilkes and the Nursing Staff of the McCausland Hospital.

Attention all Knitters

This is your last chance to stock up for the winter.

Marion's Knitting Supplies will be closing permanently September 30, 1985. Come in any day. We are open at 12 noon every day and all evening, weekends included. Come to Marion's Knitting Supplies closing out sale at 29 Pine Crescent, Terrace Bay.

Pacific Salmon Pasta Salad

This quick and tasty summer salad is a great way to use vegetables from the garden.

1 lb elbow macaroni
1 tbsp. salt
12 cups boiling water
2 tbsp. olive oil
2 yellow squash (sliced) or 2 zucchini
½ cup diced cucumber
½ cup slivered red or green pepper
2 tbsp chopped green onion
8 oz. cooked fresh salmon, or 1 can (7¾ oz/220 g) Pacific salmon, drained and broken into chunks
½ cup mayonnaise
1 tbsp tomato paste
1 tbsp lemon juice
1 tbsp dried tarragon salt and pepper

Gradually add macaroni and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water; drain again. Toss with dill.

Mix mayonnaise, tomato paste, tarragon and lemon juice together. Season with salt and pepper. If too thick, thin down with 2 tablespoons warm water.

Combine remaining ingredients in large bowl. Toss with dressing. Break salmon into pieces with fork. Toss salmon, vegetables and dressing with pasta. Chill and serve. Approximate calories per serving: 400. Makes 4 servings.



LABOUR DAY CELEBRATIONS



U.P.I.U. LOCAL 665 welcomes you to the **LABOUR DAY CELEBRATIONS.**

SCHEDULE: Children's Races, at the mouth of the River at all a.m. B-B-Q starts at noon (mouth of the river). Free treats for the kids. There is a mixed slow pitch tournament. Contact Rick Smeltzer at 825-9255, Peter Gilbert 825-9500 - **U.P.I.U. Local 665 Members Only.** Horseshoe Tournament - Mens, Ladies and Mixed Events. Registration from 12:00 - 1:00 p.m. at the Moose Hall. - **No Fee Required.** Tournament starts at 1 p.m. - **Open To All Unions.** Any questions contact Rolly Chase at 825-9154 as soon as possible.

LABOUR DAY DANCE

ENTERTAINMENT - Dream
9 p.m. - 1 a.m.

Open to All Members - Non-Members \$5.00 a couple
\$3.00 Single

Bus Service Available using regular mill routes. Starts in Schreiber at 8:30 p.m. - Terrace Bay 8:45 p.m. Leaves arena at 1:15 a.m. Sharp.

ABSOLUTELY NO MINORS

Age of Majority Only
Free Participation for all Senior Citizens.