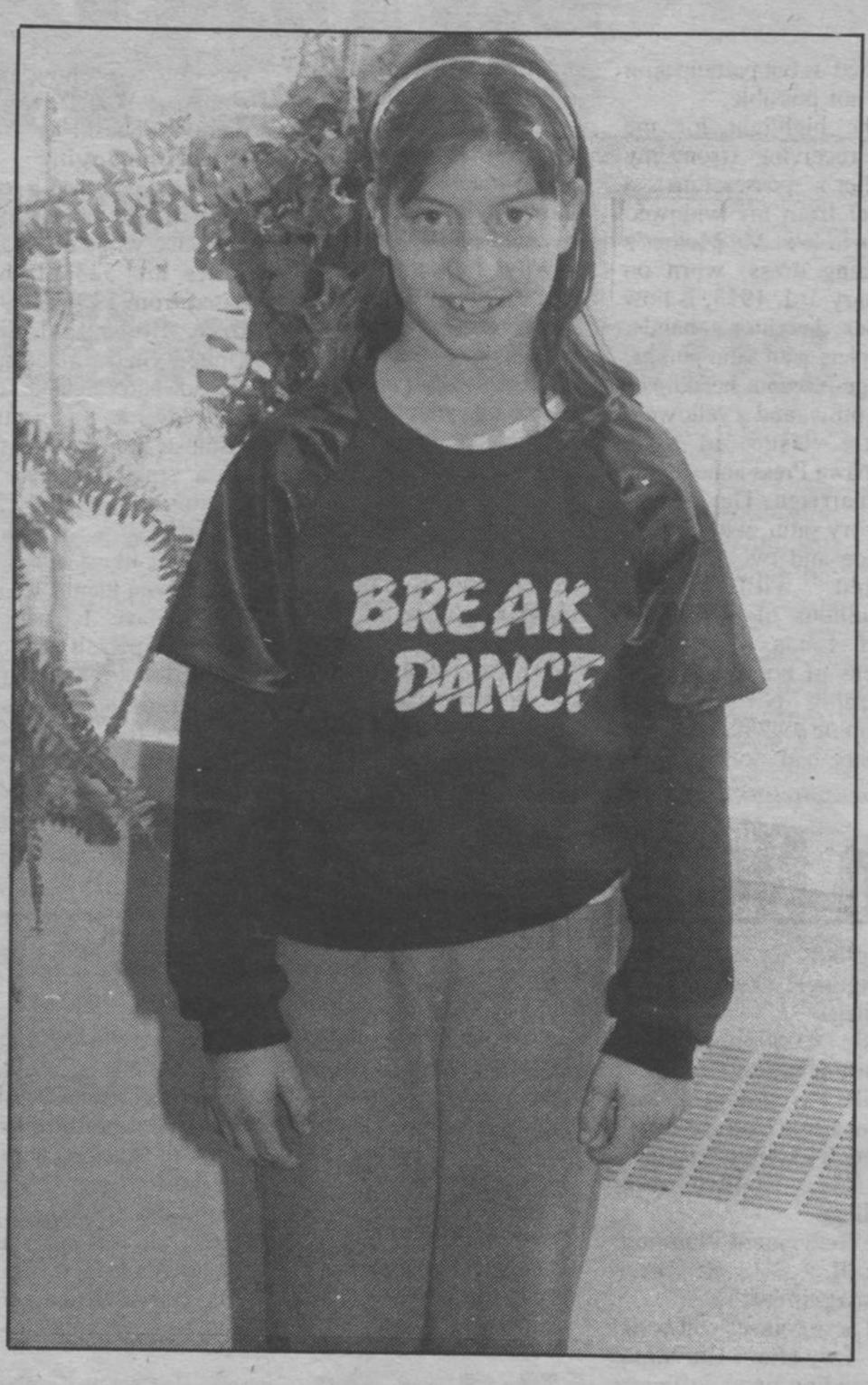
Student of the Week



This week's student is from St. Martin School.

Name: Annick Bouffard
Age: 10
Grade: 4
Sisters: 3 older
Do you like school: Yes
Fav. subject: writing
Fav. food: pizza
Fav. T.V. show: I Dream of Jeannie

Sparetime enjoyment: playing and cleaning her hamster cage What would you like to be when you grow up: a teacher Pets: cat, kitten, dog and lots of fish

Thunder Bay TRAVEL & Carousel Tours

will be at the Terrace Bay Recreation Center NOVEMBER 28th at 7:30 p.m.

with travel shows



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Alert children to dangers of eating houseplants

Parents of small children should be especially aware of houseplants that could cause severe illness or death if ingested by their child.

"A plant's bright-colored fruits — not its foliage — seem to hold the greatest attraction," says Horticulturist Ruth Friendship of the Ontario Ministry of Agriculture and Food's rural organizations and services branch.

The Hospital for Sick Children offers a guide on poisonous house and garden plants.

The Poison Information Centre in Toronto also provides information and advice for treatment to the medical profession and the layman.

Many local hospitals also offer poison information centres.

During the Christmas season, nearly every home has at least one poinsettia.

The leaves of the poinsettia are somewhat toxic but usually produce no ill effects.

Poinsettias also produce a

milky sap similar to the latex of rubber plants; this sap can be a skin irritant.

Another common houseplant is the dieffen-bachia which has large, thick spotted foliage.

Biting the stalk of this plant causes a throat irritation and can result in the loss of speech for several days.

"This irritation has been known to cause a swelling of the tongue and a clogging of the windpipe, leaving the victim speechless. These symptoms have given rise to the dieffenbachia's common name, which is dumbcane," she said.

Many types of philodendrons are also used as houseplants.

The leaves may contain an irritant which has been reportedly responsible for the death of cats that have eaten the foliage.

All parts of elephant's ear philodendron and caledium contain small sharp crystals which may cause intense burning of the mouth, tongue and lips, resulting in swelling.

In severe cases, this swelling may interfere with speaking, swallowing or breathing.

Another common decorative plant at Christmas time is mistletoe.

The stems, leaves and berries are toxic and can cause vomitting and diarrhea.

Also popular at Christmas is the Jerusalem cherry, which features bright, red, rounded fruits.

The leaves and the fruit — especially the unripened fruit — are toxic and can cause similar reactions caused by other members of this plant family such as the potato and the tomato.

Headache, abdominal pain, vomitting and diarrhea may result from eating tomato leaves or vines, green potato tubers, vines or leaves, or the leaves or fruit of the Jerusalem cherry.

In addition, the Jerusalem cherry can also cause a slowed heart rate.

Winnie's Scribbles

by Winnie Campbell

Get Well in Hospital to Mr. Smart, Gwen Hadley and Mrs. Bulha.

Our sympathy to the Weavers on the passing of Hubert Weaver a long time resident of Schreiber.

Mr. Archie Gleason was the winner of the \$1000 Bond of the C.W.L.

The Chimo Club held their Christmas Bazaar and Bake Sale on Saturday. Mrs. Eva Gordon (convenor) wishes to thank all those who helped in any way. Mrs. Marg Nesbitt won the Doilies and Mrs. Clara Madge won the cake and pudding.

Congratulations to Marg and Dave Nesbitt on their 50th anniversary on November 4th. A supper was held at the restaurant with family and on to the house for tea and friends. Mr. H. Fischer (Reeve) presented a clock from the Township of Schreiber and Jim Files was also present and gave a plaque on behalf of the Premier of Ontario. Also flowers and gifts were received. From out of town to help celebrate the occasion were Marlene and

Stan Illijow also Walter from Nipigon and Muriel Shewfelt from Echo Bay who was unable to attend phoned and wished her mom and dad happiness. A beautiful armchair was presented from friends.

On Tuesday November 5 St. Andrews United Church hosted the visitation of Mrs. Anne Petterson of the Barbados. She is the wife of the Rev. Nor-

man Petterson who is in Pastoral work of the Bethel circuit in Bridgetown. They are working with the Methodist Church of the Caribbean in the Americas. Anne shares her skills with the people of the South Caribbean and both the Pettersons and the people are discovering and appreciating a new culture and environment.

Mrs. Petterson displayed

an interesting table of handiwork of wood and straw. The painted flowers on cloth is a culture in itself. There also were some interesting cook books and jewellery.

A film on the country (Barbadoes) was thoroughly enjoyed.

Mrs. Marg Smith thanked Mrs. Petterson and tea was served. All enjoyed a social time of chit chat.

Tips for Winter Warmth

The leaves are changing color. A white frost sparkles on early-morning grass. The calendar says it's fall and the damp chill in the air gives it away. Winter is coming.

But before winter arrives, here are a few helpful tips to keep your home warm and comfortable and to save you money on those creeping energy bills through the long winter months.

- Make sure the thermostat on your hot water tank is set at 50° C. It doesn't need to be any higher to provide lots of hot water.
- Wrap the tank with a fiberglass insulation blanket. Make sure the controls and top of the heater are not covered. And in the basement, insulate all long runs of hot water pipes to conserve their heat.
- Make sure heat sources and vents are not blocked by drapes or furniture to provide optimum heat distribution.
- Set your thermostat at 20° C during the day and 17° C at night you won't feel uncomfortable and the savings can be substantial. If you're away during the day keep the heat low but have it come on about an hour before you come home.

- Add Fiberglas Pink Batt Insulation to the attic and consider insulating the unfinished basement walls for even greater energy savings.
- Seal off mail slot, replacing it with an outside mounted mail box.
- Weatherstrip around exterior doors and caulk door and window frames to substantially reduce heat loss and cold drafts. Replace existing weatherstripping when worn.
- Secure clear plastic sheeting over the windows as a temporary measure during cold months and remove it in the spring.
- Close fireplace dampers tightly when not in use to prevent cold drafts, and consider glass doors on the fireplace for even greater savings.

If you follow these helpful tips, you can enjoy those winter months in warm, cozy comfort! For more energy saving tips, write for your free booklet called "The Energy Efficient Home" to the Fiberglas Information Centre, Suite 1500, 80 Bloor Street West, Toronto, Ontario M5S 2V1.