

Your M.P. Reports

By Michael Starr, M.P.
Minister of Labour.

The House resumed business on January 21st, after an absence of approximately one month. In the interval the Conservatives had held one of their largest annual meetings in Ottawa and the Leader of the Opposition had committed his party to a nuclear arms policy. Thus, the House resumed operations in a heightened atmosphere of tension. During the Conservative annual meeting the Prime Minister had indicated his desire to have an expression from the delegates on major issues, including the nuclear one, and at the same time had outlined the danger of adopting fixed positions in view of the constantly changing military and international situation.

Thus, when the House resumed this week the positions of both major parties were gradually sharpening on the issue. The Social Credit and NDP had both gone on record against the adoption of nuclear arms at the present time and under present circumstances. The defence problems were stealing the spotlight from a number of important and pressing domestic issues, such as the expansion of the economy and the provision of new jobs.

The Prime Minister had stated during the convention that a new five-year program would be undertaken to push economic expansion, particularly in the secondary industry field, where incentives and encouragement provided by the Government in the past four years had already achieved a record expansion this year. This expansion must be kept up for on it depends largely the extent to which Canada will maintain record employment levels.

The House resumed business against a background of economic expansion which placed Canada in the forefront of all nations in the Western World insofar as economic growth is concerned this year. The main factor in this tremendous economic expansion has been the stabilization of currency, or the so-called pegging of the dollar which was so severely criticized during the last elec-

tion. Another issue looming large in the present Parliament, while it continues, is the matter of demands from Quebec for a re-shaping of Confederation, the Conservative Convention went on record in favour of bilingualism; and the Prime Minister was at pains to recognize the bi-cultural nature of Confederation; yet he pointed out on two occasions that separatism was not the solution to any problems and indeed had no place in Canada. He added that to talk of "States" in the Canadian Federal system was just not being realistic.

There is no telling how long the present Session will go on. But in his address to the ladies at the Convention, the Prime Minister pointed out significantly that the longer the Government stayed in, the more people would have the chance to realize that the policies being carried out are the right ones for Canada at the present time.

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By the way..

ANNE ROSS

Not too long ago I visited a friend who had been confined in hospital for quite some time, and just like everyone else, I had said when I entered "... and how are you today?" Well, I guess after many weeks of painful traction for the correction of a slipped disc, my friend had "had" it, for instead of her usual pleasant greeting, she gritted her teeth and muttered "not again!" I was rather set back on my heels for a minute until I realized what was bothering her, then after a long chat, I promised her I'd air the subject, just in case someone else felt as strongly as she did about this "how are you" bit.

Standard Greeting

When you visit a sick friend in the hospital, or at home, what do you say? Being concerned and anxious about the patient you say "how are you" of course. That's what everybody says. It's a standard greeting. And we can hardly realize how standard it is until we've been on the receiving end of the greeting for a week, or two, or in cases like my friend, for many weeks. And I can see why she rebelled. Just suppose you had to make some sort of a reply eight, ten or twenty times a day, seven days a week. You might of course, get into the spirit of the thing and make up a standard reply to that standard question. Or, if you felt vengeful you might take the question literally and answer with long tedious details. Or you could move your lips wordlessly, indicating that you were too far gone to talk. When the question comes from your nurse, you could simply open your mouth for the thermometer she is waving around — that's what she expects you to do anyway. But no matter who throws the question at you, in time you're likely to reach the point where you're ready to throw something at the next person who asks "how are you?", and resolve never to perpetrate this offense against any long-suffering friend you may visit.

Welcome Change

Well, now, we're going to look pretty silly, aren't we, not even inquiring for the patient's state of health and progress. But maybe there's another way to express concern. A positive remark might be a welcome change from the trite question — perhaps, "you're looking well today" or "so glad to see you getting such good care", or "it's great to see you look so much better". To be sure, we go to see sick friends to hear how they are, and while asking the question quite simply would seem to be the most direct way of finding out, we may be the cause of raising the patient's blood pressure to the boiling point. While we ask the question but once, the patient may have had to answer the same question two dozen times that day. It could be by the twenty-fourth time, she isn't feeling quite as well as the first one.

By the same token, when we deviate from the usual, we can find ourselves in trouble too. When friends meet casually I've discovered the usual "I'm fine" or "very well, thank you" to the "how are you" inquiry is generally the safe course. Several years ago, when the minister of our church asked the usual, and it being one of those spring days when I felt on top of the world, I answered "just wonderful, thanks" and he proceeded to take me to task for my arrogance. Granted he was only half serious, but I got the message that in all modesty, I should not have the temerity to apply the term "wonderful" to myself... and all I meant was that all was right with my world. Well, I'm more cautious in revealing the state of my well-being now. I'm just fine, thank you.

Treats For Treatment

This is the time of year when there seems to be so much illness — colds, and flu and so on, and when children are confined to bed for a few days, it's usually a problem to keep them occupied so they'll stay put, until it's safe for them to be up and about. It is good to know that fun is perhaps the best medicine for soothing tempers and turning treatments into treats.

Quite often a rebellious youngster is won over completely to the foods and liquids he scorns, even to the medicine he dislikes, if they're masked by gay disguises... animal crackers floating in the cup of milk or soup, with colored straws for sipping... food served in doll-size dishes so that several tiny servings add up to a regular meal before he knows it. Let the patient doctor himself by helping rub his chest, or time his own doses of fruit juice or even medicine by setting the alarm clock to go off by his bedside. If the patient is a girl, perhaps she'd like to "doctor" her doll too and play "hospital" with bandages and chest rubs. Children love pretending, so anything we can dream up to turn necessary nursing care into play or make-believe, makes the period of convalescence easier for both the patient and the nursing staff.

Don't Nag?

In one of the Toronto daily papers last week, there was an article on the Canadian Heart Foundation and it's advice on the prevention of heart attacks, with this list of "DO'S AND DON'T'S" for wives.

- Don't be a nagging Lady MacBeth
 - Don't tamper with your husband's diet without your doctor's advice.
 - Do learn to cook sensible, fat-controlled meals.
 - Do meet him at the door after work with his pipe and slippers.
 - Do encourage him to exercise to keep his weight down.
 - Don't let him become a chain smoker.
 - Do encourage him to play golf and go for long walks.
 - Don't let him bring home work from the office.
- This seems like very sound advice, but what I'd like to have is advice on how to put the Do's and Don't into effect. The first "Don't" cancels out all the rest, for it takes more than a "please, dear" to persuade a husband to change his likes and dislikes in food, cut down smoking, or take a long walk, and, if we were to meet him at the door with pipe and slippers the shock would be too much for the poor man.

Buttonville News

(Jan 24th)
Glen Alan Donaldson, infant son of Mr. and Mrs. Rae Donaldson, was christened at a private baptismal service performed by Rev. Dr. A. F. Binnington in Brown's Corners United Church, Sunday, Jan. 13. Among the guests were the baby's grandparents, Mr. and Mrs. John Donaldson; aunts and uncles, included Mr. and Mrs. Sam Snider, Alan Snider, Marilyn Snider, the baby's brother, John, and Mr. and Mrs. Douglas Tribbling.
Mr. Mel McNeish has spent the past two weeks in the East General Hospital with a leg ailment.
Paul, Jr., Andrew and Martha Mingay spent last week-end with their Miller grandparents, while their parents, Mr. and Mrs. Paul Mingay, Markham, attended the Conservative convention at Ottawa.
Mrs. Bryce Jacksle was hostess last week when members of the "Happy Timers", unit No. 1 of Brown's Corners United Church Women, held their election of officers. Mrs. Jacksle and co-hostesses Mrs. Bert Craigle and Mrs. Don Reesor conducted a devotional service, and Mrs. John Brumwell was in the chair.
Mrs. Harold Steffler, president of Brown's Corners United Church Women, conducted elections, and officers for 1963 are: Pres., Mrs. John Brumwell; vice pres., Mrs. Allan Strike; secretary, Mrs. Gordon Brum-

LADIES LADIES

Stouffville & District Men's Christian Fellowship

will hold their annual

LADIES NIGHT

on

Mon. Feb. 4th,

in the Stouffville United Church at 8 o'clock

The entire service will be given by the chorale group of 40 voices from the Toronto Bible College, under the leadership of Rev. W. H. Crump of Toronto.

Men, this is your opportunity to see that the lady attends. Bring the family, every one is most welcome.

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2 door hard-top, V-8, automatic, radio, etc., finished in a beautiful coral.

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Every Wed. — 1 to 5 p.m.
Admission 20c.

GIRLS HOCKEY
FRIDAY, FEB. 1st. 9.15 P.M.

RICHMOND HILL vs. STOUFFVILLE

COMMUNITY LEAGUE HOCKEY

8 p.m. — Ballantrae vs. Stouffville
10.15 p.m. — Greenwood vs. Ringwood

JUNIOR HOCKEY
TUESDAY, FEBRUARY 5th.
8.30 p.m. — Orangeville at Stouffville

For Office Supplies — It's THE TRIBUNE

20% DISCOUNT ON BEEF

- SHORT CUT STANDING RIB ROAST lb. 71¢
- PRIME RIB ROAST rolled lb. 88¢
- BLADE BONE REMOVED BLADE ROAST lb. 55¢
- BLADE ROAST boneless lb. 63¢
- SHORT RIB ROAST lb. 60¢
- BONELESS CROSS CUT RIB ROAST lb. 71¢
- BONELESS SHOULDER ROAST lb. 66¢
- INNER RIB ROLL boneless lb. 88¢
- OUTER RIB ROLL pot roast lb. 63¢
- PLATE BEEF bone in lb. 31¢
- ROLLED PLATE boneless lb. 42¢
- BONELESS BRISKET POINT lb. 71¢
- BONELESS STEWING BEEF lb. 58¢
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- BEEF STEAKETTES lb. 55¢
- BEEF LIVER SLICED lb. 47¢

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ANNUAL MEETING
York County Hog Producers Association
to be held on
WEDNESDAY, FEBRUARY 6
11 a.m.
PARISH HALL, NEWMARKET
Draw for Door Prizes at 12 noon.

Cameron McClure
President.

John Sytema
Sec-Treas.