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Editorial

We welcome Her Majesty

As publisher of The Tribune, I must advise readers that the opinions expressed in last week's issue by John Montgomery in his column regarding the monarchy are not shared by the management of this newspaper. The Tribune's policy as always is in strong support of our monarch and the system of government which includes Her Majesty as head of state.

As a major member of the Commonwealth, Canada has always shared wholeheartedly in the unifying influence of the monarchy.

As an institution the monarchy costs Canadians nothing and yet we share in the wonderful benefits of having a non-political head of state. As far as royal visits are concerned, it would be a dull life indeed without these uplifting moments to enjoy.

Queen Elizabeth II personifies achievement—the upholding of the simple virtues of diligence, honesty and duty in a changing world. It may be fashionable to ignore this institution but we suggest that it

remains as healthy as ever throughout the Commonwealth.

The Queen provides a magical focus for affection and loyalty which millions remain happy to accept in Canada as well as in her other Dominions.

C. H. NOLAN,
publisher
The Tribune

Editor's mail

Prayer works

Dear Sir:

I should like to reply to a letter written by an unnamed correspondent entitled "Praying lady no Samaritan". I expect many will write and give public witness to the value and power of prayer.

It is a sorry condition in the life of any individual or community when a person who prays is held up to public ridicule. Daniel recognized the power of prayer and God sent his angel and protected him from the lion's mouth. Good Samaritans could have gathered up his bones.

God sent his angel and delivered Peter from prison in answer to the unceasing prayers of his people. The story of the Good Samaritan was told to a man who inquired about the second commandment, "Loving his neighbour as himself." He ignored the first commandment "About loving the Lord God with his whole mind, heart, soul and strength". Millions of people today use the same practice and think their own good efforts are more important than humble dependence on God. People who know God and pray not only bless a community spiritually (which is the greatest need) but are the originators and perpetrators of good works to the human race.

I speak as one who survived a gold mine disaster from 3300 feet underground in answer to prayer. I appreciated Good Samaritans, but depended on people who knew how to pray. To your unnamed writer I would strongly recommend this prayer: "God be merciful to me a sinner and save me for Jesus sake". This prayer said from the heart will transform any life.

In closing I would like to ask this anonymous writer when they last pulled safely out of traffic on Main street, found a place to park, then went back to help a child across the street?

Could it be the child might be well on their way in the interval?

Sincerely,
Howard Minaker.

30 years ago this week

Excerpts from the August 12, 1948 issue of The Tribune.

Tax rate

Despite the seemingly increased cost of services, plus better service demanded, the tax rate in the township of Whitchurch for 1948 will not be advanced seriously.

The general rate is increased one and two-tenths for 1948 over the rate that prevailed in 1947. Council struck the new rate on Saturday.

The secondary school rate was struck at two mills for the part of the township lying outside the Aurora school area, so that there will be a like tax for secondary education all over the township. Next year the Stouffville-Markham-Whitchurch H.S. area will be in operation, since it becomes effective January 1st, 1949.

Tidy fronts

Persons who neglect to cut the weeds on their properties in town are being checked by the weed inspector, and warned to do so immediately, otherwise the work will be done and made a charge against the lands.

Those property owners who see to it that their boulevards are kept nicely cut, perform a great service. Fortunately most owners do this otherwise we would have a very untidy and unsightly community to live in. Everybody appreciates the efforts of property owners on Main Street and all other streets in keeping their frontage in attractive shape.



"Harriet always did get excited over a good hand"

On the ropes but not out

By John Montgomery



The remarks I made last week in this column, it seems, have made me about as popular as a skunk at a picnic.

Reaction to my column calling for an end to the monarchy was quick in coming. Last Thursday evening I attended an auction at the sales barn where I was subjected to about 15 minutes of verbal abuse by a local dentist who then proceeded to try and talk me into letting him crown one of my front teeth. Fat chance.

He maintained that what I had said in my column was the equivalent of saying "fuddle duddle" to the Queen. Not true. And then he went on to rave that my writing was not in proper English, that it was colloquial and half the words couldn't even be found in the dictionary. I challenged him to name one word that couldn't be found in any half-decent dictionary and he promised to re-read the column and phone me the next day. That, mercifully, was the last I heard from him.

He also denounced me for making my observations while the Queen was in the country. Perhaps he would have preferred if I had made those comments while the Queen was touring Easter Island?

The only unqualified support I received was from a Musselman's Lake resident, formerly from Ireland, who was of the opinion "The Tribune should print more stuff like that."

Even those people who did sort of support me felt my comments were too strong and I was accused of 'ranting and raving'.

The comment about 'the bad side of middle age' is the only thing I regret. It was tactless and uncalled for. Please forgive me.

My publisher, C.H. Nolan, as stout an Anglophile as you'll find this side of Jolly Olde England, unfortunately became a prime target for much of the verbal abuse.

The telephone calls and impromptu verbal criticisms were followed by a spate of outraged letters (see page 15), one from as far

away as Peterborough. Really I was quite pleased to learn that there were so many people who used to read my column.

The Campeys of Gormley accuse me of blaming the Queen for the drawn-out and boring press coverage of the Royal Tour while Clarion Baker has me sneering at the importance of the Mayor of Dog Breath and the feelings of the Moose Jaw housewife who thought the prince "adorable."

Those paragraphs were in fact a criticism of the priorities of our national press which the same day buried the story of Inco's getting carte blanche from the province to foul our air at an amazing rate.

I really liked Clarion Baker's letter though as he called me a "sophisticate." I have never before been called a sophisticate and to have it in print brought me great joy. Unfortunately Clarion, a gentle soul, obviously had second thoughts about his intemperate remarks, which also included a good deal of sneering at the residents of what he euphemistically called "Hog Town" and he penned a second letter which he asked us to run in place of the first. Imagine my chagrin when I realized he had deleted all references to me as a sophisticate.

Lillian Goff rebukes me for not getting my history facts straight and she refers to the Highland Clearances, Enclosures, potato famine and massacre of the Irish by Oliver Cromwell as events in which the British Royal family had no part.

I may be getting senile but I could swear I never said anything about those events in my

column. For the Scottish atrocities I was thinking more specifically of the aftermath of the battle of Culloden when British troops pillaged the length and breadth of the Highlands, gratuitously stringing up any Scotsmen they came across. Culloden was followed by mass deportations of Highlanders who were sold into indentured slavery, in Jamaica and the Americas.

It can't be denied that many prohibitions against Irish Catholics (they couldn't vote or own land for example) were carried out in the name of the Crown.

Mrs. Goff's statement that Elizabeth is a Scottish Queen by right of her Stuart ancestry is self-serving at best. It is true that George I's mother was a grand-daughter of James I (I looked it up) but George, who incidentally was German and never did learn to speak English, was not the legitimate heir to the throne. He was chosen because he was the closest non-Catholic.

I would also require written proof before I could flatly accept Mrs. Goff's statement that the Queen pays more in personal income tax than she receives in personal income.

It seems I am also indirectly being accused of being a supporter of Idi Amin. I would like to state categorically that I have never voted for Idi.

All I can say about Richard Nixon is that if he had committed his transgressions as leader of Canada he would undoubtedly be still in office today. Think about it.

Maybe for next week a scathing denunciation of Motherhood?



LIVING naturally Painless substitutes

By Kathleen O'Bannon

What is the question that I am asked the most in the mail and by people I meet? Well there are two. One is 'what foods and vitamins should I take to get rid of ...colds, flu, arthritis, asthma, etc.' The second is 'how can I change to natural living without having to change my whole life at once?'

The first is not easy to answer in the paper because each person is different and this requires lots of information from the person, and it is also the work of a doctor in this province to prescribe anything other than foods and is therefore 'illegal.' (Of - course, there are ways to get around that.)

The second is very easy to answer. Start by changing the things that won't be noticed by the average person. Make everything yourself, from scratch. Substitute honey or maple syrup for sugar. This is easier to do than it might sound. Use 3/4 c. honey for each cup or 1 1/2 c. sugar called for in a recipe and reduce the liquid by 1/4 c. Use apple cider vinegar instead of the pure white chemical type. Use sea salt instead of earth salt. Use whole wheat pastry flour in place of white flour in baking. Use whole wheat bread flour in bread and thickening. Have fresh fruit instead of canned fruit or candy. Make your own popcorn for the movie instead of the kind with the artificial butter and chemical flavourings. Make potato chips or french fries from potatoes rather than buying the ones that are pre-cut and frozen and covered with at least 3 chemicals to keep them from discolouring and going soft.

Make your own coatings for fried or oven baked chicken or chops from whole wheat pastry flour, paprika, rosemary, thyme, sage, mustard powder, marjoram, garlic powder, and sesame seeds. Drink the herbal coffee substitute in place of coffee. Have herbal teas, iced, like red zinger, in place of cold drinks made with alcohol. Make lemonade from lemons instead of the packaged chemical laden ones. Use honey to sweeten it by dissolving it in a small amount of warm water first.

If you enjoy the taste of beer you can get a non-alcoholic beer that tastes the same. I had some a few weeks ago at a friends house and it tasted nice. (I have a feeling that it leaves the same after taste on your breath as regular beer does, though. So don't have it before going to a revival meeting like I did, you might get some strange looks.) There are

several kinds: Birrell, Cardinal, Moussey. The Stouffville Delicatessen carries some usually. There is also a nonalcoholic wine called Karl Jung, but I don't know where you can get it.

It is absolutely possible to make all kinds of pickles, jams, and jellies with honey. I have done it for years. Just follow the formula above. If the only other liquid is vinegar, use the same amount. I have made mustard pickles of zucchini, cukes, beans, cauliflower, etc.; pickled beets; bread and butter; dill; corn relish; chili sauce; chow chow; and so on.

I always use the homemade pectin that follows for jam and jellies. It is very easy. Use the very small tart apples that are out now. Lodi is a good one.

Pectin
4 lbs. tart apples, 1 qt. pure water (not too hard). Wash apples. Slice thin with peels and cores intact. Put in large kettle and bring to boiling point. Cover and allow to boil rapidly for 15 min., stir often. Strain through 3 - 4 layers of cheese cloth. Do not squeeze or press. Allow to drip until all juice is out. Set juice aside. Take pulp and measure an equal amount of water, combine and allow to boil again for 15 min. Strain as above. Combine the 2 extractions. Bring to boil in canning kettle. The juice should be about 1 to 2 inches deep in the kettle. Boil for 1/2 hr. or more until the juice is reduced to 1/2 its volume.

Seal it in hot sterilized sealers in 3 or 6 oz. sizes for use with most recipes.

BASIC FRUIT JAM
1 c. crushed fruit, 3 c. honey, 3 oz. pectin. Bring honey to boil, add fruit and bring to rolling boil. Remove from heat and add pectin. Stir and skim for 5 min. Seal up or put in jam jars and coat with wax.

2 Tbsp. lemon juice can be added for extra thickening power if you just use the unformed apples of delicious, macs, or whatever tree you have in your yard.

To test for the thickness of the jam drop a small amount onto a chilled plate and leave for 3 to 5 mins. I usually put the plate in the freezer.

Jelly can be made by using fruit juice. Fruit conserve can also be made with this pectin. So can aspice or any other kind of jelly.

Using the more natural alternatives to processed foods is no more work, but a lot more rewarding, naturally.

Kids' corner

Stuff and nonsense



Bicycle convertible

When the sun gets too hot, Geoff Sherrmer merely puts the top up. He says the umbrella is quite effective but he has not yet come up with a satisfactory way to keep dry in the rain.

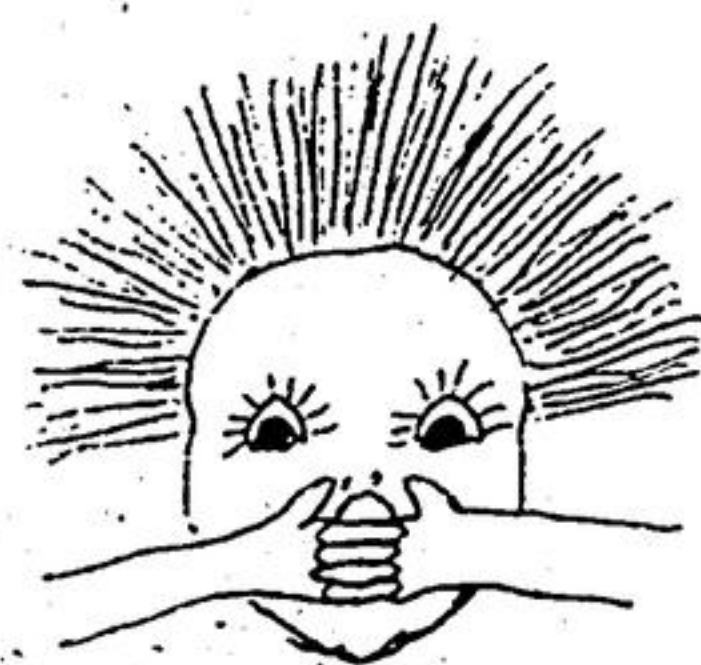
Why does a sick person lose his sense of touch?

For the answer unscramble these letters, then put the words in their proper order.

- lewl ---
- ton ---
- lefe ---
- ebesuca ---
- eh ---
- sode---

Sheepish sentence

Say this fast. Sharp Sue sees sheep sit shyly selling shoes.



Mystery winner

Our mystery picture of an old rake baffled everybody at first but with the help of last week's clue several readers figured it out. Jimmy Ku of Stouffville won the draw among the correct entries and wins the \$5 prize.