

**EDITORIAL PAGE** RIDEAU CRAFTS NEWS

**North Leeds LANTERN**



The North Leeds Lantern is distributed free of charge to all households in the townships of South Crosby, Bastard and South Burgess, Rear of Leeds and Lansdowne and the Village of Newboro.

The Lantern is published after the 4th Tuesday of each month. It is produced by a committee of volunteers and receives support from the above municipalities.

Subscriptions are available to those outside the area at a cost of \$4/year.

Please address all correspondence to Box 136, Elgin, Ontario. K0G 1E0

Editor Doug Roantree 387-3143  
 Associate Editor Marlene Gratton 272-2854  
 Treasurer Shirley Weaver 387-3570  
 Circulation Helen Sweet 387-3569  
 Ad Lay-out Lloyd Stone 272-2082  
 Typist Susan Dent 359-5639

**Correspondents**  
 Elgin Pat Little 359-5741  
 Harlem - Chantry Doris VanHone 924-2539  
 Delta Richard Bryan 928-2159  
 Lyndhurst Marion Olivo 928-2841  
 Portland Marlene Gratton 272-2854  
 Seeley's Bay Helen Sweet 387-3659  
 Farm News Jim Earl 359-5252  
 Morton Fred Whitney 387-3300

Photos: Lloyd Stone  
 Graphics: Hans Scheitrowsky  
 Lay-out Regulars: Joan Hutchison, Jeff Hutchison, Beth Kerr-Wilson, Sue Warren, Pat Little, Susan Duncan, Earl Mattice, Greg Derbyshire, Jocie Blain and Jan Robson.

YOU  
 JUST  
 CAN'T  
 BEAT IT



For only \$2.00 you can reach 2,700 households. Put a classified ad in the North Leeds Lantern.

**ST. LAWRENCE COLLEGE**

**Join The Night Crowd**

St. Lawrence College is offering a course entitled, "China Painting", to be taught by Phyllis Scott. The course will be held at the Crosby Hall where registration will be held on the first night of class. The fee for the course is \$25 plus a \$10 firing fee.

The January 14th meeting of Rideau Crafts invited the North Leeds Appropriate Technology Group to present the program. Ellen Bonwill, spokesperson for the group, introduced Bruce Steeple and Peter Potter to demonstrate the home grinding of grains. Several questions from the floor led to an informative discussion on the pros and cons of grinding your own flour.

A BBC documentary film called "The Other Way" was shown. The film was instrumental in the formation of the appropriate technology group and features the opinions of Freidich Schumacher internationally known economist and author of "Small is Beautiful".

Sue Clark and Jim Mussell concluded the program by describing other projects the group have been involved with. It is hoped that our two groups can unite to voice area concerns in the future.

Our new membership convenor, Margaret Olley, would like to remind new and old members that fees are now due, \$3 per year.

This month's meeting will be held February 11th at 8:00 p.m. in the Forfar Hall. The program will consist of a slide presentation from the December showing of "Ontario Crafts '79", sponsored by the Ontario Arts Council. Several of our Rideau Crafts members showed their work regionally, the best from across Ontario presented at the Toronto show.

Join us and enrich your life.



**Inside the Lantern**

IT PAYS TO ADVERTISE!

TRY THE NORTH LEEDS LANTERN

**Rates**

3x3"	\$ 7.00
3x5"	12.00
7x5"	20.00
7x8"	25.00
1/2 page	35.00
full page	60.00

Your ad will reach 2,300 homes in the North Leeds area.

We will quote you on: regular monthly ads, bimonthly ads or your occasional advertising needs.

We will help you design and layout your ad at minimal extra cost.

Give us a call.

For additional information or to place an ad, call your local correspondent listed on page 2.

THIS SPACE COULD BE YOURS!

Focus on Davis Lock.....	Pg. 3
Seeley's Bay Specs.....	Pg. 4
Gardening Column.....	Pg. 5
Lyndhurst Lyrics.....	Pg. 7
Elgin Events.....	Pg. 8
Rideau Crafts.....	Pg. 9
Delta Data.....	Pg. 11
Portland Pickin's.....	Pg. 13
Newboyne News.....	Pg. 14
Red Cross.....	Pg. 15
Rideau Review.....	Pg. 16
Chaffey's Locks.....	Pg. 18
Great Cooks.....	Pg. 19
Rideau Lakes Union Library.	Pg. 19
Classified.....	Pg. 20

**WE DESERVE BETTER  
 FOR A THOUGHTFUL, INTELLIGENT M.P.  
 VOTE  
 MILDRED SMITH**

Authorized by Official Agent of Mildred Smith, NDP,  
 243 King St., Brockville

**LEEDS, GRENVILLE & LANARK**

**DISTRICT HEALTH UNIT**

The Public Health Nurses in the Gananoque branch of the Leeds, Grenville & Lanark Health Unit will be conducting a series of seven (7) prenatal classes for expectant parents beginning February 6, 1980.

The classes are held at the Health Unit at 99 King Street east in Gananoque from 7 - 9 p.m. on Wednesday evenings.

By discussion, films, body building exercises, breathing and relaxation techniques, the expectant mother learns how to have a more comfortable pregnancy. Physical and emotional aspects of this new experience are explored.

The stages of labour and the mechanics of delivery are explained in detail. The expectant father learns how to coach his wife through labour and delivery, if he chooses to do so. Therefore it is important that the father attend as many classes as possible.

Infant feeding and care are covered too. The hospital is visited before the expected date of delivery to familiarize the couple with the admission procedure, visiting privileges, the lay-out of the nursery, labour and delivery rooms.

For more information and the registration forms phone the Health Unit at 382-4231.