

# THE VALLEY AND EAST COAST VOICE

Vol 13 No 14 31 October 1980  
Price 10 cents.

Registered for posting Category A.  
P.O. Box 100 St Marys 7215.

## COMMUNITY HEALTH - CHILD HEALTH

### THE TREATMENT OF COMMON COLDS IN INFANTS

(Taken from an article by Ken Atherton  
PHC MPS)

In general, children under the age of twelve months only suffer from mild colds. The symptoms of these colds will usually be a running or bubbly nose and perhaps a little cough. Should the cold be severe or complications develop, then you should consult your Medical Practitioner.

The best treatment for the symptoms of a mild cold is keeping the baby in a moist atmosphere. This can be achieved by boiling a kettle or heating a frypan full of water in the room, or in hiring or purchase of a steam vaporizer from your pharmacy especially if your infant is prone to frequent mild colds. If using a vaporizer then the rooms needs to be ventilated to avoid too much condensation on the walls and ceiling. The steam soothes the mucous membranes and clears the congestion from the head and chest giving the infant and the parents a chance of a full night's sleep. Because there are no drugs involved it is completely safe and can be used all day if necessary.

Nose drops can also be used to clear nasal congestion and are especially handy to clear a baby's nose before feeding. They should be used fifteen minutes before attempting to feed to allow the drops time to take effect. They have one disadvantage in that their effectiveness only lasts for three to four hours and then rebound congestion occurs and the nose is more congested than before. This is an obvious disadvantage for an infant at night. One of the nose drops with the least rebound congestion which is suitable for infants is "Drixine Paediatric Nasal Drops".

Many mothers treat their babies' colds by rubbing camphorated oil on their chests. Camphor is a dangerous poison and if swallowed accidentally as little as one teaspoonful (5ml.) can be fatal. Adding to this there is no medical proof to indicate that camphorated oil helps to clear the congestion caused by a cold. I would advise mothers to remove camphorated oil from their babies' reach and better still, remove it from their medical chest and dispose of it. Vicks Vaporub also contains over 5% of camphor and should be regarded as a dangerous preparation to leave lying around the house and care should be taken in its use.

## TAX AVOIDANCE

Ever since taxation was introduced astute taxpayers have set out to rearrange their affairs so as to pay the least tax possible. The higher the rates of taxation the greater the incentive to participate in tax avoidance schemes. There are two terms that are frequently regarded as synonymous - tax evasion and tax avoidance. Tax evasion includes such fraudulent activities as the over-statement of expenses or the under-statement of income and as such carries heavy penalties. Tax avoidance on the other hand, is arranging of one's affairs in such a manner within the law so as to minimise tax paid.

There is a specific section within the Income Tax Assessment Act to say that contracts and agreements which alter the incidence of tax by avoiding any duty or liability to pay tax shall be void. However, the High Court has been rather reticent in recent years to implement the true intent to the Section.

John Howard, more than any other Treasurer, has implemented legislation to counter tax avoidance schemes, however, tax avoidance is now regarded as a multi million dollar industry and many transactions are mere shams and would not be commercially viable apart from the tax saving through intricate and elaborate legal procedures.

The Government clampdown on the tax avoidance schemes is to ensure that there is taxation equity. The ordinary wage earner has very little opportunity to minimise his tax liability. On the other hand there are a number of members of the community who have the access to professional advisers who originate and perpetrate massive tax avoidance operations. It is indeed a difficult matter to legislate to outlaw tax avoidance entirely. On the one hand one may construe a tax avoidance scheme as a family business essentially run by the proprietor but assisted by his wife when they enter into a partnership agreement. It is therefore necessary to distinguish between ordinary commercial transactions from those that are blatantly or artificially contrived. The Government has initiated the difficult task of re-writing Section 260 the General Prohibition of Tax Avoidance. On the other hand where the Act offers a choice as to how a taxpayer is to be taxed, the law should not be construed as to prevent a taxpayer from exercising that option.



## CLASSIFIEDS

REDLINE COACHES.....Deliver this paper quickly and efficiently. Why not let them work for you. L'ton daily.

Music Lessons for primary and beginners. Phone 72 5105 for information.

BACKHOE FOR HIRE.....All sizes in buckets available, reasonable rates. Apply David Smith, Cornwall or ring 72 2152 for enquiries.

UPHOLSTERER....Truck and car seats, chairs and furnishings. Any upholstery required. No job too big or too small. Phone 72 2240 during week or 26 3858.

PLUMBER & DRAINER....Free quotes. Fibre-glass septic tanks all sizes. W & D Churchill, Seacomander. Phone 72 5217. PVC Sullage drains. Odd jobs.

FOR ALL COLOUR PORTRAITS..... Wedding photographs and child studies, contact Robert Jones, St. Helens. Phone 76 1151.

VALLEY TRADING CO. For all your painting and glazing work. Phone 72 5240.

WANTED.....Old style furniture and antique items. Also gold and silver jewellery. Phone 76 1378.

BRAINS BUS SERVICE.....St. Marys, Bicheno and Swansea. Passengers and Parcels.

NOW AVAILABLE AT ST. MARYS..... SUZUKI MOTOR CYCLES & SPARE PARTS. PHONE 72 2328. ALSO OUTBOARD MOTORS.

## WITCHURCH'S

73 INVERMAY ROAD LAUNCESTON

PHONE 316215

WISH TO ADVISE THE RESIDENTS OF FINGAL AND NORTH EAST COAST THAT WE WILL BE OPENING A SHOP IN FINGAL (NEXT TO KATHIE'S MILK BAR, OPPOSITE THE HOTEL) FROM WEDNESDAY 5TH NOVEMBER FOR A LIMITED SEASON (approx. 3 weeks or on Public demand).

FOR LADIES, MENS, BOYS WEAR, FOOT-WEAR, MANCHESTER AND GIFTWARE, CALL IN AND SEE OUR SELECTION.

### HOURS OF TRADING:

MONDAY	10.00am	-	5.30pm
TUESDAY	9.00am	-	5.30pm
WEDNESDAY	10.00am	-	5.00pm
THURSDAY	9.00am	-	5.30pm
FRIDAY	9.00am	-	9.00pm

## WITCHURCH'S

## RICHARDS HOME FURNISHERS

ST. HELENS

PHONE 761147

We can supply all your needs to furnish your home. Carpets, vinyls, furniture, curtains, tracks, electrical, manchester and gift lines.

Terrific range of carpets and curtain samples.

Everything needed for your baby, carry baskets, pushers and blankets.

## ST HELENS CECILIA ST. HARDWARE PH. 761119

Complete range of hardware, building and plumbing supplies, gardening equipment, kitchen and giftware, marine chandlery.

Glass and keys cut while you wait.

Agent for MOBIL LP GAS and McCULLOCH Chain Saws.

Hire equipment, concrete mixer, Ramset gun and accessories.

## WHATS ON

FUNFISH at SWANSEA on Sat. & Sun.  
November the 15th & 16th 1980.  
With \$20,000 worth of prizes to be won.

Hobbytex and exciting hobby for all ages. For Sales Service Party Bookings. Phone 76 1185.

### ST. MARYS CHILD HEALTH ASSOCIATION

Next meeting to be held on Wed. 12th Nov. (not 11th as indicated in last V.V.) to commence 2pm at Clinic.  
Good attendance would be appreciated so that we can discuss arrangements for our Christmas function. The more who turn up the more will be satisfied with the final decisions. Ladies a plate please. Shirley Blackman (Pres.) Phone 72 2310.

CONGRATULATIONS to Shirley and Rob. Blackman on the arrival of their son.

The General Meeting of the Red Cross will be held on Monday 3rd of November at 7.45pm at the hospital. All members are asked to attend. R. Peake, Secretary.

The Annual Dinner of the R.S.L. will be held on Sat. Nov. 8th at 7pm in the Institute. All members please attend. Noel Bradbury Hon. Sec.

MRS. JUDY SPILSBURY HAS SOME PLATES THAT HAVE NO HOME, SO IF YOU ARE MISSING A PLATE FROM THE GOLF DAY IN AID OF MULTICAP SEE JUDY.

### GRADE FOUR THOUGHTS ON "GROWING OLD"

It isn't very good to get old  
Your face gets wrinkled.  
Your blood gets cold.  
You start to think what happened when you were small. Now your big and very tall.

You seemed to have grown.  
Now you're old  
You've just seen your life through.

Darshini Naidoo.

Growing old is very dull,  
Thinking of things when you were small,  
You kept getting in the walls,  
Sometimes falling off your bike.  
Year after year going, going, going,  
You get very tired, so as the years go by,  
You walk with a walking stick.  
Wobbling, wobbling to and fro.

Bridget Wardlaw

When your old, you are not young,  
Sometimes you can remember the songs  
that you've sung,  
Growing old is a pleasant thing,  
Growing old you can think  
what life can bring.

Jason Costain.

When you grow old, your hair is grey,  
When you grow old you don't feel so gay.  
You go for walks with a stick,  
You're not used to electric lights, you're used to a wick.

When you're too old to took after yourself  
You're put in a home where your life is a wealth.  
You're looked after nicely and looked after well,  
So it ends up something you wouldn't sell.

Fiona Napier.

Growing old is ok  
Except for grey hair and wrinkles.  
With a walking stick in one hand  
and a handkerchief in the other  
She walks down stairs slowly  
Slowly, careful not to fall up to bed.

Stephanie McManus.

DARAL BAILEY

FUNERAL  
DIRECTORS

AND SONS  
ST. HELENS

ARTIFICIAL WREATHS AVAILABLE  
PHONE ENQUIRIES

DIRECT:  
76 1153

INQUIRIES:  
72 2393  
(G. Richards,  
St. Marys.)

TASMANIAN PUMPING  
SERVICE

143 Wellington Street,  
Launceston

WILL BE IN THE FINGAL VALLEY/EAST  
COAST AREAS THE WEEK COMMENCING  
17th NOVEMBER. HAVE YOUR SEPTIC  
TANK PUMPED OUT PRIOR TO CHRISTMAS  
PHONE LAUNCESTON 31 8144 AND GET  
OUR TRUCK TO CALL.



# CHURCH

# NEWS

## FINGAL-PORTLAND UNITING CHURCH

### Sunday 2 November

St. Marys	Worship/S.School	11am
Fingal	Worship/S.School	2.30pm
St. Helens	Worship	7pm
	Sunday School	10am

### Sunday 9 November

St. Marys	Worship/S.School	11am
Fingal	Worship/S.School	2.30pm
St. Helens	Worship	7pm
	Sunday School	10am

## CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption

Sundays November 2 and 9 9.00am

St. Helens - SS Helena & Stanislaus

Vigil Mass Saturdays November 1 & 8 6.30pm

Fingal - St. Joseph

Sundays November 2 & 9 10.30am

Mangana - Our Lady of the Sacred Heart

3 and 5 Sundays of each month 10.30am

Richeno - Community Church

Sunday 2 November 4.00pm

## MEALS ON WHEELS

### NOVEMBER

### ST. MARYS

### FINGAL

### MANGANA

Sunday	2	Pauline Berwick
Monday	3	Bonnie Crawford
Tuesday	4	CYSS
Wednesday	5	Clive Berwick
Thursday	6	Maree Targett
Sunday	9	Bob Cook
Monday	10	Paula Cook
Tuesday	11	CYSS
Wednesday	12	Ruth McGiveron
Thursday	13	Jean Schier

## RETURN THANKS

### NAILER, Albert

The Family of the late Albert Nailer, wish to thank friends and relatives for flowers, cards, and personal expressions of sympathy in our sad loss.

### LAUNCESTON BANK FOR SAVINGS

NO OTHER CHRISTMAS CLUB  
GIVES YOU THIS MUCH  
INTEREST

No where else will you get  
the chance to win a  
sparkling new Ford Falcon  
for next Christmas

Join the Launceston Bank  
for Savings, Christmas Club  
and a new car could be  
yours? absolutely free.

## CHIROPRACTOR

LAUNCESTON chiropractor PAUL SEARLE D.C. is now visiting SCOTTSDALE and ST. MARYS every TUESDAY on a PERMANENT basis. He can be consulted at the following places and times:-

### SCOTTSDALE

Kendall's Hotel  
9.30am - 12.15pm

### ST. MARYS

Mrs. Maney's Flat, Main  
Street 3.30pm - 6.30pm

APPOINTMENTS can be made through the week by phoning LAUNCESTON 318898

## SPORT

FISHING NEWS:

Angler's Diary: 2nd November (next Sunday) Scamander Angling Club bream contest in the Scamander River from 12 noon to 5pm. 23rd November - St. Helens Surf Fishing Club shark contest at Diana's Basin from 3pm to 10pm.

Bad weather and lack of fish marred the last contest held by Scamander Angling at Four Mile. Rain, wind and a strong drift made fishing uncomfortable to say the least, but as usual, there were a few die-hards who requested that the event proceed as scheduled. However, about one hour before the listed closing time, even they had had enough. From 16 entries only two fish were weighed in. For the third time this season Wayne Richards was the winner with a 1 lb 2 oz blackback and for the second time out of four contests, the junior prize was awarded to his son Darren. The rest of us went home with the proverbial wet seat to our pants.

Game fishermen should now be preparing their gear for the new season. An extract from a recent talk by the President of the Victorian Game Fishing Association, Ian Cutler, is interesting. Bluefin tuna spawn in the Indian Ocean near Java and travel along the coast of West Australia. They turn East, cross the Bight passing South of Tasmania and then North wide of NSW until they reach their Northernmost point of Jervis Bay where they turn around and head South and West again. Spawning does not take place until six to eight years old or 130 to 140lbs in weight. Their natural maximum weight is about 400 lbs.

ST. MARYS GOLF NOTES

by Birdie

Mens Championships

Final Scores:- A Grade - D. Holmes 281

J. McDonald 297 S. Dawson 302.

B Grade - R. McGiveron 299 D. Herring 325, F. Singline 328.

C Grade - D. Hayes 359 S. Lynch 360 Paul Davern 378.

72 Hole Handicap

R. McGiveron 243 D. Herring 247 S. Lynch 248.

Saturday 18 Holes Handicap:- A Grade -

D. Mackenzie 10.62, D. Holmes 8.64,

S. Dawson 10.64. B Grade - S. Lynch 28.57.

GOLF NOTES CONT.

Sunday Handicap:- A Grade - R. McGiveron 15.61 S. Dawson 10.65 C. Berwick 15.65.

B Grade - D. Hayes 26.57 D. Herring 20.58 F. Singline 19.64.

LADIES VOLLEYBALL NOTESROUND 8 - 21.10.80

Game 1. Bankcard Blue d Kiwis 3-2 (10.15, 15.5, 2.15, 15.12, 15.7) M. Beach & S. Binns best for Bankcard Blue and Jos Lynch who served 15 straight in the second game, and A. Greenwood best for Kiwis.

Game 2. Bankcard Green d Blackwoods 3-1 (2.15, 15.5, 16.14, 15.10). Marlene Scott and P. Burgess best for Green and R. Read best for Blackwoods.

Game 3. Tobys d Targetts 3-0 (15.2, 15.7, 15.13) Roberta Harwood best for Tobys and T. Leedham best for Targetts.

ROSTER - 10 - 4.11.80

Bankcard Blue	v	Targetts	K. Bean
Tobys	v	Bankcard Green	M. Beach
Kiwis	v	Blackwoods	V. Leedham
Kiwis	v	Targetts	M. Beach

ROUND 11 - 10.11.80

Blackwoods	v	Targetts	J. Lynch
Kiwis	v	Bankcard Green	M. Beach
Tobys	v	Bankcard Blue	V. Leedham
Bankcard Blue	v	Bankcard Green	K. Bean

ROUND 12 - 11.11.80

Tobys	v	Kiwis	M. Beach
Bankcard Blue	v	Blackwoods	K. Bean
Targetts	v	Bankcard Green	A. Greenwood
Tobys	v	Blackwoods	V. Aulich

ATTENTION LADIES - Correct uniform must be worn i.e. team T shirt and correct coloured shorts, trousers or skirts. Umpire will deduct points for incorrect uniform.

FUN FISH

SWANSEA

NOV 15-16

#

TRENDSETTA 722372

#

OF ST MARYS

Start Your Christmas Now At The TRENDSETTA Storeys Street

NEW RANGE OF BRASSWARE

LAY BY  
FOR XMAS

KIDS TOWELLING GEAR NOW IN.

<p>ST HELENS  <small>Phone 70 1162</small> BAKERY</p> <p>Smallgoods      Cakes      Pastries</p> <p>WEDDING AND BIRTHDAY CAKES  ICED.</p> <p>BUS ORDERS TAKEN.</p> <p>So! don't forget to call in on  us next time <u>You</u> are in  St. Helens.</p>	<p>B.P. AGENT  B. &amp; J. SPILSBURY</p> <p>Phone 722155 (afterhours) OR  THE GARAGE on 722233.</p> <p>VICTOR MOWERS</p> <p>CHAIN SAWS</p> <p>SEE BRUCE FOR THE GOOD JUICE</p>												
<p>D.F. &amp; M.D. MATTHEWS</p> <p>ST. HELENS.</p> <p>FOR ALL</p> <p>HOME FURNISHINGS</p> <p>ELECTRICAL APPLIANCES  SCREENS AND BLINDS</p> <p>Phone 76 1483.</p>	<p>W. LOCKETT &amp; SONS</p> <p>CAMPBELL TOWN.</p> <p>FUNERAL DIRECTORS.</p> <p>ENQUIRIES MAY BE DIRECTED  THROUGH:</p> <p>MR. D. CASBOULT, ST. MARYS  Phone 722143</p> <p>or  T. PEARS, CAMPBELL TOWN  Phone 811167</p> <p>BRUCE DAVIDSON FUNERAL DIRECTOR</p>												
<p>D.K. &amp; C.M. BARNES</p> <p>ST. MARYS</p> <p>WILL DELIVER WREATHS,</p> <p>FRESH AND ARTIFICIAL  FLOWERS</p> <p>BRIDAL BOUQUETS.</p> <p>Phone 72 2367  72 2265</p>	<p>ST MARYS</p> <p>BAKERY</p> <p>Jim and Dianne SPRIGGS</p> <p>FOR</p> <p>PIES      PASTRIES</p> <p>BUNS</p> <p>PASTIES      CAKES</p>												
<p>L.C. "CACTUS"  FREEMAN</p> <p>24 HOUR CARTAGE SERVICE</p> <p>WOOD, GRAVEL</p> <p>AND GENERAL CARTAGE</p> <p>PHONE 72 2369</p>	<p>ADVERTISING RATES</p> <table> <tr> <td>1" single column</td> <td>\$2.00</td> </tr> <tr> <td>2" single column</td> <td>\$4.00</td> </tr> <tr> <td>1" double column</td> <td>\$4.00</td> </tr> <tr> <td><math>\frac{1}{2}</math> page</td> <td>\$7.00</td> </tr> <tr> <td><math>\frac{1}{2}</math> page</td> <td>\$15.00</td> </tr> <tr> <td>Full page</td> <td>\$25.00</td> </tr> </table> <p>Classifications: 50c each 25 words  or part thereof.</p>	1" single column	\$2.00	2" single column	\$4.00	1" double column	\$4.00	$\frac{1}{2}$ page	\$7.00	$\frac{1}{2}$ page	\$15.00	Full page	\$25.00
1" single column	\$2.00												
2" single column	\$4.00												
1" double column	\$4.00												
$\frac{1}{2}$ page	\$7.00												
$\frac{1}{2}$ page	\$15.00												
Full page	\$25.00												



## CRICKET NOTES

'Hows Zat'

Saturday, 18th October saw St. Marys gain their first win of the season, against St Helens. St. Helens were sent to bat and scored 146 for 7 wickets with Ross Lefere top scoring with 46 runs.

There was some very good fielding by the St. Marys team especially a catch by Raz McDonald which would have made Greg Chapple look second rate. The wicket keeping of Derek Summers was great to watch and he also took a fine catch.

Top bowler was once again Ross Bean with 3/42, Les Newman & Terry Targett also bowled well and was ably backed up by the McDonald brothers.

St. Mary's batting opened in fine style with opening batsmen Les Newman & Terry Targett putting on a 81 run partnership supported by a fine innings from Michael Holmes.

Michael who is a young player in the club looks to have a great future in cricket.

St. Marys went on to score the required runs with several overs on hand, total score was 4/153.

The very wet conditions did not hinder the bowling of St. Helen's Brian Barr who bowled 3/45.

Top run scorers for St. Marys were Les Newman 42, Terry Targett 38 & Michael Holmes 33.

Saturday, 25th October, St. Marys played Scottsdale at the St. Marys oval. Scottsdale batted first with a good innings of 148 to defeat St. Marys who were all out 111.

St. Mary's bowlers were Terry Targett with 3/29, Raz McDonald 2/24 and Les Newman 1/23.

Top batsman on the day for St. Marys was Les Newman with a score of 74 not out, the next best effort was Derek Summers with 10 runs.

The game was played in ideal weather and the players were encouraged by many onlookers.

The next game on Saturday, 1st November (over the long weekend) will be played at Winnaleah on the Saturday. Further information will be displayed locally later this week.

## St. Mary's Football Club - Women's

### Committee and Supporters.

A Meeting - Annual General - will be held on Wednesday, 12th November, 1980, at the St. Mary's Hotel for the election of office bearers 1981 season. 8p.m.

Wives, Mothers, Sisters and girlfriends come along and let us know what you can do to help support the players and the club.

Any person who is interested and unable to attend contact the President, Mrs. Patsy Burgess, phone 722350.

## CRICKET NOTES - CONTINUED

On Saturday, 8th November the St. Mary's Cricket Club play Scottsdale Central at Scottsdale. The next home game will be on Sunday, 16th November when St. Marys play Pioneer at St. Marys.

This means the ladies will have a rest from preparing afternoon tea until the 16th November when it is hoped they will rally once again & present afternoon tea in the same fine style of the past two weeks.

The members and supporters of the cricket club are saddened by the sudden death of Miss Diana Hayes and will miss her smiling face & ever willingness to help.

## FOOTY NOTES

The St. Mary's Football Club will hold a general meeting on Sunday, 23rd November at 2p.m., at the club rooms.

All members, players and club supporters welcome, men and women, and a big welcome is extended to ex-members & supporters who have been disappointed in the club in the past, please come along and put forward your view.

There are vacancies still on the committee and the honorary positions of Secretary & Treasurer have not yet been filled. Also Goal umpires, Boundary umpires, Score board attendants and Trainers are required for 1981 season.

CLUB PHOTOS are now available from Sam's Cut Price Store, Main Street, St. Marys. The photos include Seniors, Seconds and Thirds taken at first semi-final at Avoca. Call in and see Gary for more details.

'Tiger Tail'

A.M.P.

PROTECTS YOUR WAY OF LIFE

☒ FAMILY SECURITY

☒ RETIREMENT

☒ SUPERANNUATION

☒ DISABLEMENT

☒ FIRE AND GENERAL

☒ TAX SAVING

DOUG STINGIER, A.L.U.A.

Phone 31 2877 or 31 1907.

A.M.P.



# STARDUST

By Grandma Moses  
Fortnight Beginning October 31

SCORPIO: October 24 - November 22

There is a great emphasis on co-operation with partners but you will find it difficult so put a little more effort into the cause. Your finances are strained so be cautious in all you do.  
Best Days: 2, 12, 13.

SAGITTARIUS: November 23 - Dec. 21

You will need all the tact and diplomacy at your disposal to keep life on an even keel - it is worth the effort though. Take care with health and be wary of accidents. Remember to show affection to a loved one.  
BEST DAYS: 3, 7, 9.

CAPRICORN: December 22 - January 20

There is an accent on health and employment and good chances exist for promotion. Carelessness causes accidents so be careful in all you do. Choose companions with care to avoid far reaching complications.  
BEST DAYS: 9, 10, 13.

AQUARIUS: January 21 - February 19

Young authors and artists show a special flair now and the chance is there for recognition. A change of scenery would benefit the whole family, plan a journey to a new and adventurous destination.  
BEST DAYS: 4, 7, 12.

PICES: February 20 - March 20

An opportune time to strengthen family finances and to revise your budget at the same time. Future promises to be good but proceed with caution as hasty moves may bring about a change in good fortune.  
BEST DAYS: 7, 9, 13.

ARIES: March 21 - April 20

A good time to cement ties with the important people in your circle. Finances appear to be improving with unexpected receipts but be wary as all is not as it seems. Concentrate on improving your image.  
BEST DAYS: 5, 8, 11.

TAURUS: April 21 - May 21

You may encounter many serious oppositions to your plans so it may be best to keep them to yourself for the time. All major problems at home should be cleared and things running with greater efficiency.  
BEST DAYS: 1, 3, 6.

GEMINI: May 22 - June 21

A good time for progress with a special assignment although you must put aside all the unjust criticism such a venture will attract. Keep control off your temper at all times and refuse to be drawn into arguments.  
BEST DAYS: 5, 6, 10.

CANCER: June 22 - July 23

Try to achieve top-level efficiency in all you do, your image will improve together with your self-esteem. Avoid unnecessary purchasing as it will strain your financial situation. Take necessary precautions with health.  
BEST DAYS: 2, 4, 8.

LEO: July 24 - August 23

Don't let domestic problems interfere with other important obligations. Indecision and slowdowns are likely to cause unnecessary frustration. Caution should be your watchword in all you do for a few days.  
BEST DAYS: 1, 3, 11.

VIRGO: August 24 - September 23

A good time to get on with your pet projects that have been put aside for so long before the trend again turns. It may seem that you meet with opposition at all corners but persist and all will be well.  
BEST DAYS: 1, 5, 13.

LIBRA: September 24 - October 23

Give a lot of attention to improving your public image as you may be asked to stand for public office - accept and you will never regret the move. Your finances will hold out if you are thrifty at all times.  
BEST DAYS: 6, 7, 8.

ST. MARYS  
BUTCHERY

WE DON'T KEEP THE BEST !!!  
WE SELL IT.

Ph 722 274

T. G. I. O. CONTACT  
DENSIL CASBOULT

Story St., St. Marys

Ph 722 383

FOR INSURANCE

Ph 722 141