

THE VALLEY AND EAST COAST VOICE

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P.O. Box 100 St Marys, 7215.

ENURESIS - BED WETTING

A very common problem. Enuresis is the inability to control urination. When it happens at night (nocturnal enuresis) it becomes known as bed wetting & is defined as "frequent or regular voluntary passing of urine at night after the age of three, four or five years". This definition takes into account the varying age at which one can hope the child can obtain full bladder control at night & excludes the child who has the occasional accident.

Up to 15% approx. of all children after the age of five continue to wet the bed & in half of these cases it is known that one or both parents suffered from the same condition.

If there is no organic cause a home therapy regime is usually recommended. Some points to remember include:

- it is useless to shame, scold, threat, deprive or spank a child who suffers bedwetting & may prove to be harmful.
- a system of rewards sometimes works. A chart depicting the days of the week is given to the child & he is requested to note dry & wet nights. Something like a star is given for dry nights.
- during the day training should aim at encouraging the child to prolong the intervals between passing urine for as long as possible. At night the child is fully wakened before the parents to the bed & is taken to the toilet to pass urine. This should help the child to wake & then go to the toilet when he has a full bladder.
- restriction of fluids is bad & the child can frequently become more upset about this than bed wetting.
- there is bed wetting machines available through Medical Practitioners if the Med. Pract. suggests this as a means of treatment. It is a pad connected to an electrical circuit & as soon as it becomes wet with a drop of urine, a bell rings or a light flashes (or both) awakening the child. The idea being to condition him to wake the moment he senses a full bladder.
- there is a variety of drugs available for treating enuresis but

not normally used as a sole means of therapy.

Above all in treating enuresis it must be remembered that the trouble is no fault of the childs. The best results are obtained from a combination of methods designed to suit the particular child.

ALCOHOL AND ROAD ACCIDENTS

In 1979 over 3½ thousand people were killed in Australian road accidents & at least 1/3 of all adults had significant concentrations of alcohol in their blood. Alcohol is present in 50% of car accidents which involve a fatality.

There are many social pressures to support & encourage drink driving. Although the penalties for drink driving in Tasmania are severe, people still gamble with both their chance of being caught & having an accident. One of the problems of youth is that there are tremendous inducements for them to assume an adult role quickly by drinking, for this helps reinforce an image of maturity status. There is often a tendency for young people to feel compelled to drink even in excess to ensure acceptance by his peer group.

Tasmanian statistics issued by the Aust. Bureau of Statistics show that 1/3 of road users who were killed were under the age of 21.

Alcohol effects temperament in that people become more uninhibited in their behaviour, move with less social conscience & appear less concerned with the consequences of their actions. When in a car this means that drivers drive faster, take more risks & are less inhibited by the need to take notice of road rules, traffic control devices & other road users. They tend to drive at speeds much too fast or too slow for the conditions, swerve & judge gaps & speeds poorly. They have difficulty in performing more than one function at a time.

Statistics on alcohol usage in Australia show that 11% of males drink the equivalent of almost 3 bottles per day.

I believe the Government should consider reducing the excise on low alcohol beer to provide an incentive for the brewers to advertise & sell a greater quantity of lower alcohol beer.

CLASSIFIEDS

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

FOR SALE. V.E. Val - nt 160hp. Clean & mech. good. Genuine 61.000 miles with numerous extras including power brakes, dual speaker, push button Ferris radio, floor fan heaters, seat covers, fire ext. etc. Best offer. G. Kerrison, St. Marys. Phone 72 2343.

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

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FOR SALE....1 x 18inch "Repco" dragster bike - suitable for learner. Price \$40. Phone 725161.

FOR SALE...Large table model three speed "Elco" electric fan - as new - Price \$30. Phone 72 5161.

Cont. from page 1.

Australian beer alcohol content by world standards is considered very high. If anybody would like a copy of the House of Representatives Standing Committee on Road Safety Report, entitled 'Alcohol, drugs and road safety' would they please contact my office.

by Senator John Watson.

CONGRATULATIONS TO FELICITY SPILSBURY on being crowned 'Miss Multicap Charity'.



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Terrific range of carpet and curtain samples.

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

A garden competition is to be judged on Sat. Jan 10th 1981 for any Fingal resident wishing to enter. Entry forms are available now at the Fingal Newsagents.

Lancaster Principal of our High School. Come along and unite as one big family in the Xmas Spirit.
A. Birrell (sec.).

K.R. VINEY PHARMACY.

We wish to remind our customers and patients that a pharmacist is in attendance at the St. Marys Health & Beauty Centre on Mondays from 3.30 to 5.30 pm. Please feel free to come in and have a talk with us about any problems you may have.

RETURN THANKS

HAYES: Diana Lee

We would like to thank all our relations and friends for their kind letters, cards, floral tributes and personal expressions of sympathy in the tragic passing of our son's fiancée.

We would like to thank Terry Targett, Doug Cornelius, Dr. Ian Naidoo, Rev. Eric Cave, Denzil Casbault, Shirley Hayes, Jos Lynch and our H.E.C. workmates for their wonderful assistance.

Thank you one and all.

Eric and Clare Bean and Families.

The Fingal Valley Branch of R.A.F.T will be holding a BYO picnic barbeque on Sunday 7th December at the Tower Hill Forest Park. Cars to meet at the Fingal Recreation Ground at 11.30am. Everyone welcome to attend.

2pm Dec. 4th - Church of the Good Shepherd & the Mother Union at Cornwall invite all ladies to a short service followed by a social afternoon on Thursday Dec 4th. The empty Christmas Tree will be put in the Church and anyone wishing to give a small gift to the three Church homes are asked to bring them. The Homes are - Clarendon Childrens' Home, Glenview Home for the Aged & Roland's Boys' Home.
U. Camplin.

ST. MARYS CHILD HEALTH ASSOCIATION

A meeting will be held this Wednesday 3rd December at the clinic 2.00pm to finalize Christmas party arrangements and to tidy up some "loose ends". Would appreciate if as many mothers could attend as possible. A plate please. Date set for our Christmas party is 17th December (to be held at the clinic 2pm) so keep this afternoon free. All mums and their babies/toddlers welcome. Santa will be attending.

Further information concerning the party will appear in next Valley Voice, as well as on notices around the town.

DON'T FORGET THE MEETING 3RD DECEMBER!!

ST. MARYS DISTRICT HOSPITAL AUX.

The next and final meeting for 1980 will be held on Monday Dec 1st at 7.30pm. Arrangements for Xmas tea to be discussed along with other business. All members please try and be present.

XMAS CAROLS.

The Hospital Auxiliary will hold their Christmas Carols on the front lawn of the Community Hall on Sun. 14th Dec. at 8.30pm. Plenty of Carol singing compered by Mr.

LAUNCESTON BANK

Have you thought of owning your own home?

If you have, and you wish to know how the LAUNCESTON BANK FOR SAVINGS can assist in achieving this, please contact your local Agent or the St. Marys Branch for a personal housing loan plan appointment.

St. Helens Agent Mr. T.R. Avery 76111
Bicheno Agent Mr. P.B. Farrow 751181
Fingal Agent Mr. H.B. Holder 742171
St. Marys and Region Manager
Graham Kearney 722221

A.M.P.

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- ⊗ DISABLEMENT
- ⊗ FIRE AND GENERAL

Contact:

DOUG STINGLE A.I.U.A.
Phone:

31 2877 or 31 1907

LADIES VOLLEYBALLRound 13 - 18.11.80

Game 1. Kiwis d Bankcard Blue 3-1.
(15.2, 11.15, 15.13, 15.7) All played
well for Kiwis. Mary Targett and Mary
anne Mitchell best for Bankcard Blue.

Game 2. Targetts d Tobys 3-0 (15.7,
15.10, 15.10). Team effort by Targetts
and Roberta Harwood and Val Streets
best for Tobys.

Game 3. Bankcard Green d Blackwoods
3-0 (15.1, 15.3, 15.8). P. Burgess and
S. Blackman best for Bankcard Green and
Tanya Goss best for Blackwoods.

Round 14 - 25.11.80

Game 1. Kiwis d Targetts 3-0 (15.2,
15.4, 15.11). J. Aulich and V. Aulich
best for Kiwis. Tania Leedham, Val
Leedham and Judy Gow best for Targetts.

Game 2. Bankcard Green d Bankcard Blue
3-2 (15.7, 10.15, 8.15, 15.10, 15.6)
M. Richardson and J. Gray best for
Green and Mary Targett best for Blue.

Game 3. Blackwoods forfeited to Tobys.

Round 15 - 2.12.80

Bankcard Blue v Targetts K. Bean
Bankcard Green v Tobys T. Lynch
Kiwis v Blackwoods V. Leedham

Semi Final - 9.12.80

3rd v 4th
1st v 2nd

LADDER POSITIONS

Kiwis	52
Bankcard Blue	40
Tobys	28
Targetts	20
Bankcard Green	20
Blackwoods	8

Best and Fairest Vote Counting will
be held after the Semi Finals on 9.12.80.
Ladies a plate please.

VALLEY VOICE will be closing for
Christmas on 12 December. All articles
to be in by 9 December. Will be re-
opening second week in February.

CHIROPODIST

MISS DORIS HOOPER WILL COMMENCE
PRACTICE AT THE DOCTORS SURGERY
ST. MARYS ON WEDNESDAY DECEMBER 3RD
FOR APPOINTMENTS RING 002 570171 ANY
DAY BEFORE 8 A.M.

#TRENDSETTA#

ST. MARYS

PHONE 722372

WE HAVE IDEAS FOR YOUR CHRISTMAS SHOPPING
LIST

FOR BABY

SOFT TOYS BOOTEES/SOX BIBS
TOWELLING SUITS NIGHTDRESSES
BABY FROCKS BUNNY RUGS GIFT SETS
BRACELETS BIB PINS BASSINETTE SETS
SILVER BIRTH SPOON

GALS

JEANS T SHIRTS TOWELLING TOPS:
SHORTS HAREM PANTS
TOWELLING LEISURE SUITS FROCKS
SWIMSUITS

KIDS

ROLLER SKATES SMOCKS FOR PRE-SCHOOL
SESAME STREET HAND TOWELS

GUYS

JEANS - LEVI & LEE LEVI SHIRTS
WESTERN SHIRTS WINDCHEATERS
BONDS COLOURED SINGLET'S "MR. MEN" BOOKS
PUZZLES, MUGS, ETC.

LADIES

ALL FASHION WEAR & ACCESSORIES

MEN

JUMPERS SPORTS SLACKS T SHIRTS
BUSINESS SHIRTS SOX

JEWELLERY

BIRTHSTONE PENDANTS & MATCHING
EARRINGS
ROLLED GOLD BRACELETS
ASSORTMENT OF NECKLACES & EARRINGS
PIERCED AND CLIP ONS

GIFTS

BRASSWARE FIGURINES
LAMP KETTLES
ELECTRIC CAN OPENER SPICE SETS
CANE WARE VASES
GLASSWARE HANGING POT PLANTERS
ASSORTED PLANKS (LOOSE & BOXED)
TOWELS HAND TOWELS
SEER SUCKER TABLE CLOTHS
LINEN TABLE CLOTHS
GIFT PACKED TEA TOWEL SETS
APRONS - WAIST AND COBBLERS
BARBECUE APRONS FOR DAD & SETS

COME & SEE

US SOON

DAVID AND LESLEY JOHNSON

J
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THANK ALL OUR CLIENTS
FOR THEIR PAST SUPPORT
WE WILL BE MOVING ON 1st DECEMBER
TO BIGGER PREMISES ONLY 2 DOORS WEST
INTO THE ~~NEW~~ BAKERY SHOP
SO WE CAN OFFER TO YOU MORE IN THE
WAY OF TAKE AWAY FOOD
PLUS TABLE SERVICE FOR COFFEE/ TEA AND SNACKS
FOR YOUR CONVENIENCE
WE WILL STILL BE STOCKING ALL OUR
FRESH FRUIT AND VEGETABLES
GROCERIES - MILK BAR LINES
BAKERY PRODUCTS ETC
LOOKING FORWARD TO YOUR
CONTINUED SUPPORT.

MILK BAR AND TEA ROOMS

MAIN STREET

ST MARYS

CHURCH

NEWS

FINGAL-PORTLAND UNITING CHURCH

Sunday December 7

Fingal 9.30am Worship/S.School
St. Marys 11.00am Worship/S.School
St. Helens 7.00pm Worship
10.00am Sunday School

Sunday December 14

Fingal 9.30am Worship/S.School
St. Marys 11.00am Worship/S.School
St. Helens 7.00pm Worship
10.00am S.School

CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assumption
Sundays November 30 and December 7 9.00am

St. Helens - SS Helena & Stanislaus
Vigil Mass Saturdays November 29 and
December 6 6.30pm

Fingal - St. Joseph
Sunday December 7 10.30am

Mangana - Our Lady of the Sacred Heart
Sunday November 30 10.30am

Bicheno - Community Church
December 7 4.00pm

MEALS ON WHEELS

ST. MARYS

Gerald Aulich
Jess Cornelius
CYSS
Karlene Richards
Atholie Greenwood
Jeff Faulkner
Mary King
CYSS
Kaye Nailer
Judy Brodribb

FINGAL

MANGANA

NOVEMBER/DECEMBER

Sunday 30
Monday 1
Tuesday 2
Wednesday 3
Thursday 4
Sunday 7
Monday 8
Tuesday 9
Wednesday 10
Thursday 11

RETURN THANKS

HAYES: Diana Lee

Her loving Fiancee, Ross wishes to thank all friends and relations for their kind thoughts, floral tributes, cards, letters etc. in the loss of his beloved Fiancee, Diana.

Special thanks to Denzil Casbault, Terry Targett and Dr. Naidoo.
So Dearly Loved. So Sadly Missed.

JOHN & LINDA SPILSBURY would like to thank all members of their family, relatives and friends for the many cards, telegrams and telephone calls congratulating them on reaching the 60th Anniversary of their Wedding.

We would like all to accept this as our personal thanks to each and everyone of them for their kind thoughts for us on a very special day. Thank you one and all.

DAVID & LESLEY

JOHNSON'S MILK BAR

Main Street, St. Marys

WISH TO

THANK ALL OUR CLIENTS for their past support. We will be moving on 1st December to bigger premises only 2 doors west into the new Bakery Shop so we can offer to you more in the way of take-away-food, PLUS table service for coffee/tea and snacks.

FOR YOUR CONVENIENCE

we will still be stocking all our fresh fruit and vegetables, groceries - milk bar lines bakery products etc. LOOKING FORWARD TO YOUR CONTINUED SUPPORT.

CHIROPRACTOR

LAUNCESTON chiropractor PAUL SEALE 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 - 12.15 pm

ST. MARYS

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

APPOINTMENTS can be made through the week by phoning LAUNCESTON 318898

WHITCHURCHS PTY LTD

73 INVERMAY ROAD
LAUNCESTON
PHONE 31 6215

BY PUBLIC DEMAND

WISH TO ADVISE RESIDENTS OF FINGAL VALLEY

AND N.E. COAST, THAT THEIR SHOP AT
FINGAL (NEXT TO KATY'S MILK BAR OPP HOTEL)

WILL AT THIS STAGE OPEN TILL XMAS

HOURS OF TRADING AS FROM MONDAY 1st DECEMBER

WILL BE WEDNESDAY 9AM - 12.30

THURSDAY 1.30 - 5.30

FRIDAY 9AM - 9 PM

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FOR ALL LADIES & MENS FASHIONS, WORKWEAR,

FOOTWEAR, BOYSWEAR, MANCHESTER AND GIFTS

CALL IN AND SEE OUR SELECTION

" WHAT WE HAVEN'T GOT - WE WILL GET. "

ST MARYS HEALTH & BEAUTY CENTRE

AGENT FOR....CITIZEN, RECON, TIMEX
& SEIKO WATCHES - ALSO WATCH REPAIRS

MEDIBANK ST. LUKES M.B.F.

KODAK & GOOD LOOK PRINTS

SOCIAL SECURITY INFORMATION

COME AND SEE OUR RANGE OF HEALTH
AND BEAUTY AIDS

A FULL RANGE OF SANITARIUM

PRODUCTS

PHONE. ST. MARYS 722172

FUNNIES!

Two friends motored home from a fishing trip in Maine. On a lonely country road they encountered engine trouble. Who answered their knock at the nearest farmhouse? Right! The farmers beautiful daughter.

She gave them dinner and let them stay overnight. Six months later one of the friends received an ominous looking legal document. A frown disappeared as he read it, and then he phoned the fishing companion.

"I say Tom", he said, "Did you by any chance spend a little time with that beautiful farm girl the night our car broke down?"

"Why yes," answered Tom sheepishly.

"And did you, in a moment of Machiavellian cunning, give her my name and address?"

"Now, don't get sore about that," broke in Tom. "Where's your sense of humour?"

"Oh I'm not a bit sore," his friend assured him. "I just thought you'd like to know I heard from her lawyer. She died last week and left me the farm and \$12,000 in cash".

ST HELENS
BAKERY

Smallgoods Cakes Pastries

WEDDING AND BIRTHDAY CAKES
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us next time You are in
St. Helens.

B.R. AGENT
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Phone 722143

• or
T. PEARS, CAMPBELL TOWN
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1" double column \$4.00

1/4 page \$7.00

1/2 page \$15.00

Full page \$25.00

Classifieds: 50c each 25 words
or part thereof.

ST. MARYS SUPERMARKET

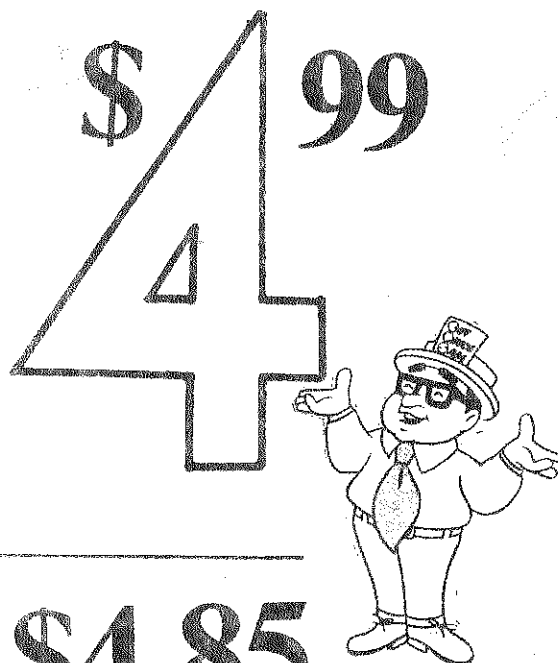
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BENDERS Christmas Hams

Cooked on Bone
7kg up

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Cooked on Bone



Raw Leg Ham on Bone \$4.85

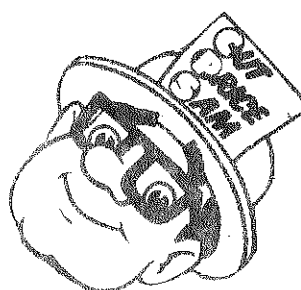
Turkeys 30 - \$7.75

36 - \$9.30

41 - \$10.50

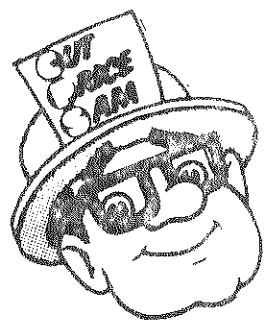
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Monday - Friday

9 - 12.30 Saturday
9 - 6.00 Sunday &
Public Holidays



ST. MARYS SUPERMARKET

Christmas Bargain



SET OF FOUR STAINLESS STEEL
OMEGA SAUCEPANS

R.S.P. ~~73.50~~

\$69

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LIMITED

OR

BONUS

OR

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TEAPOT & SAUCEPAN STAND

VALUE \$19-25

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\$20.50

CRICKET NOTES

'HOWS ZAT'

On Saturday, 15th November, St.Marys played Pioneer at home. St.Marys who batted first collapsed & were all out for 52, even though the batsmen tried hard to make amends. Top scores were Michael Holmes 12, Spaz Spilsbury 10 & Terry Targett 8. Three ducks mean't further contributions to the club funds.

Very good bowling by Ross Bean (3/82) prevented further scoring before the Pioneer side declared at 6/167.

St.Marys were sent into bat again & with good batting from Derek Summers- 34 not out & Les Newman - 15 not out enabled St.Marys to avoid an outright defeat.

Man of the Match award (donated by a club patron) went to Derek Summers with three fine catches & a run out.

The ladies once again provided a substantial & enjoyable afternoon tea & their help towards the barbecue, which followed the game, was much appreciated.

Saturday, 22nd November, saw St.Marys play Ringarooma at Ringarooma. St.Marys were sent into bat & initially a 'shaky' start but with Stan Hardcastle, fresh from a sunshine coast holiday, & batting superbly the score board soon looked good --- after 44 overs St. Marys were all out for 198.

Stan amassed a score of 118 runs, a great effort, & thereby winning the Ray Booth Trophy for the first club century.

Back to form with the bat scored 15 runs not out. Les Newman 13 was as reliable as ever and Robert Schier, with 7, held his end up to help Stan with a 50 run partnership.

Tight bowling & good fielding kept pressure on Ringarooma. At the end of 25 overs Ringarooma had only scored 70 runs but a slight change came over the game when R.Palmer, for the home team, after a disputed run-out, began to forge ahead. Raz McDonald, brought into the attack, displayed some very fine bowling & wickets began to fall. Two great catches by Glen McDonald & Spaz Spilsbury & well supported by good fielding from all the team the game again became very even. With one ball to go Ringarooma had to score 4 runs to win, but with victory in sight St. Marys cut off the last big hit of the day & went on to record a well earned 3 run win.

Bowling: Stan Hardcastle & Terry Targett bowled tight conceding only 70 runs from the first 25 overs.

Raz McDonald gave a great display in capturing 5/27 from 6 overs & was very unlucky to miss a hat trick.

These bowlers were ably backed up by Ross Bean & Les Newman.

Other highlights of the day was the top wicket keeping display by Derek Summers, the Leigh Matthews like shirt front by Les Newman and the good fielding by 'Kojak' Woolley who 'subbed' for Ringarooma.

Two local identities who lost direction, somewhere near Matthinna, on their way to Ringarooma managed to arrive & give their vocal support and encouragement. The team would like to thank supporters like these for giving up time to follow them (& go out of their way). It all helps.

November 29th --- St.Marys V Pyengana at Pyengana.

December 6th --- St.Marys V Legerwood at St.Marys.(Ladies - afternoon tea)

December 13th --- a BYE.

December 14th --- Bus trip to Launceston to view cricket, India V Tasmania. Plenty of seats still available, contact Ross Bean or Terry Targett.

December 20th --- St.Marys V Branhholme t St.Marys. (Ladies - afternoon tea)

December 21st --- St.Marys V Scamander at St.Marys. A FUN DAY FOR ALL.

FOOTY NOTES

The few members and players of the St. Mary's Football Club, who turned up on Sunday for a general meeting, were disappointed in the lack of support the club received on the day.

Footballers apparently do not seem to realize that even though the football season is over the work must still go on. After the football finals preparation for the coming season is necessary. All that is needed at this time of is the election of office bearers and committee and the numbers at meetings so the persons willing to carry out duties of office can have the vocal sanction & moral support of all the club members, including players.

The club is calling for applications for the positions of coaches for the Senior, Seconds & Thirds teams for coming season 1981 -----Nominations close 11th December, 1980. All applications to be in writing to The Secretary, St.Mary's Football Club.

A few boys are on the track early this year and shedding a few grams under the strict guidance of Trevor Midson- the 'fitness' king. Any players wishing to join Trevor, Ricky & Gary in their weekly treks around the race track, contact Gary Streets.

The club hopes to be able to purchase some exercise equipment this year so that a few muscles, and weight can be gained and lost in-doors as well as out.

MEETING

ST.MARY'S FOOTBALL CLUB, WOMEN'S COMMITTEE will be holding the Annual General Meeting on WEDNESDAY, 3RD. DECEMBER at 10.30 A.M.(at Lavelle's opposite hospital)

ST.MARY'S FOOTBALL CLUB

require for 1981 Season

1 SENIOR COACH

1 SECONDS COACH

1 THIRDS COACH

Application stating age, experience & remuneration to; Secretary, St.Mary's Football Club, 7215. CLOSES 11/12/80

STARDUST

By Grandma Moses
Fortnight beginning November 28

SAGITTARIUS: November 23 - Dec. 21
Communications are beginning to improve, time to write overdue letters & to make those important long distant telephone calls. Be content with your own world - do not envy the lifestyle of others.
BEST DAYS: 1, 8, 14

GEMINI: May 22 - June 21
This is no time to sit back & look towards the future while expecting others to do your bidding. Join them & more will be accomplished. Do not be perturbed about minor delays, they cannot be avoided.
BEST DAYS: 28, 1, 10

CAPRICORN: Dec. 22 - January 20
You may meet someone with whom there is instant understanding. Avoid a brusque attitude - a friendly approach befits you & has far reaching results. Entertainment is favoured. Plan a family outing.
BEST DAYS: 28, 29, 14

CANCER: June 22 - July 23
Become involved in a sporting event as it will give pleasure to all who are concerned. Communications clear & you are more willing to attend to the backlog. Take care of your health, concentrating on your diet.
BEST DAYS: 4, 8, 11

AQUARIUS: January 21 - February 19
Your hunches should be heeded - they may well be right for once. Become involved with a group interested in promoting a better way of life for the under-privileged. Good luck for what promises to be an interesting time.
BEST DAYS: 29, 2, 5

LEO: July 24 - August 23
Home entertaining is to be recommended particularly if it returns a favour. Plan the menu & guest list with equal care & you will be the perfect hostess. Take up a new cause, but make sure that you understand it well enough.
BEST DAYS: 1, 2, 9

PISCES: February 20 - March 20
Travel is in your mind. If a long journey is out of the question then concern yourself with planning next years holiday while you are in an imaginative mood. Do not lose your temper.
BEST DAYS: 30, 3, 7

VIRGO: August 24 - September 23
Pay a lot of attention to your grooming, first impressions are forever & you will feel so much better for it. Poise & a measure of confidence sit well now. Put some time into community service.
BEST DAYS: 30, 7, 8

ARIES: March 21 - April 20
Nostalgia will cause you to revisit a portion of your earlier life. Perhaps this is brought about by a photo of someone close. Patience is the watchword now. A short trip may be necessary.
BEST DAYS: 31, 7, 10

LIBRA: September 24 - October 23
Avoid short trips if at all possible. If this isn't possible then you must plan all aspects of the trip carefully. Letters require more thought than usual in answering. If you can't do this, set them aside.
BEST DAYS: 3, 5, 9

TAURUS: April 21 - May 21
You will be closely involved in promoting an important project. Those whom you had depended upon for help may be otherwise committed so you must carry on without them. This venture seems destined for a great success.
BEST DAYS: 29, 2, 11

SCORPIO: October 24 - November 22
Do everything in your power to accelerate personal & community ventures. Time to revive a project that had lapsed because of a lack of interest - make the most of the new interest while it lasts.
BEST DAYS: 1, 6, 8

ST MARYS
BUTCHERY

WE DONT KEEP THE BEST 1.1.1

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PHONE 722 274

T.G.I.O.

FOR INSURANCE CONTACT.....

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