

# THE VALLEY AND EAST COAST VOICE

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P.O. B100 St Marys 7215 Tasmania

## THINK ABOUT SAFETY....

When reading about accidents most people think that accidents only happen to other people & never to themselves. How wrong can that be?

Perhaps we have become complacent where safety is concerned because we are covered by compensation at work & medical benefits take care of the expenses for accidents away from work.

So what. How much compensation does it take to give back sight lost through using grinders without protective goggles; to restore the toes lost because proper footwear was not worn when using the motor mower; to restore you to your loved ones if you drown in a boat because safety gear was not carried out or was not in good order?

Apart from road & industrial accidents, statistics show that thousands are killed each year in the most accident prone area of all - your own home.

An accident is an unplanned event. While we do not plan to have an accident, do we, in fact, take sufficient care to avoid one?

Accidents are caused by:

- failure to use proper protection
- failure to spend a few seconds to make sure equipment is safe
- failure to secure medication in locked cupboards out of reach of small children
- failure to spend a few seconds to obtain proper tools for the job & using makeshift items (e.g. chair instead of ladder)

The list & possibilities are endless.

While you think about it, ponder over this little bit of philosophy -

- the few minutes spent in ensuring safety can be made up, but the life lost because of an unsafe act cannot be restored.

BE SAFE AND LIVE.

## EATING.....

Meals should ideally be shared by all the family. Everyone in a family needs the same basic fuels. The main difference should be in quantity, according to each person's daily activity level, work demands in terms of stress, physical & mental exertions, & age.

Growing children & energetic teens need more fuel than mum & dad in office jobs because they're still growing & burning up Kilojoules fast.

Try and heed the basic rules: eat only when hungry, eat only until satisfied, & try not to nibble between meals. Believe the little motto: 'You are what you eat'...

The best way to ensure proper nourishment is, of course, through a daily diet that incorporates a wide variety of foods.

Garlic is a most nutritious food! **GARLIC -**

Okay, so it stinks - or smells great, depending on your inclination. Garlic breaks down deposited cholesterol & contains calcium, magnesium, & especially sulphur, which makes it such an excellent natural antibiotic.

Garlic can be used as a herb in almost any vegetable, meat or cheese dish, cooked or raw.

Start with just a slight flavouring in soups & stews, rice dishes & salads & your family won't feel suddenly attacked by the flavour & smell.

Alternatively, take garlic in capsule form or put a few drops of aniseed oil at the back of your tongue to disguise the smell.

Garlic is guaranteed to frighten off unfriendly bacteria & clean the bloodstream long before you frighten off friends!!

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# CLASSIFIEDS

**FOR SALE.** GOATS - 2 Does 5 months old Seanan/British Alpine cross, naturally reared. \$25 each. Phone 72 2329. (evenings).

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

**FOR ALL YOUR NEEDS.**

CHECK THE DISPLAY ADS IN THE VALLEY VOICE, TRADE AND SHOP LOCAL - AND SAVE.

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

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

**VAILEY TADING 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.

**BOLINS BUS SERVICE**.....St. Marys, Bicheno and Swansea. Passengers and Parcels.

**NOW AVAILBLE IN ST. MARYS**..... SUZUKI MOTOR CYCLES & SPARE PARTS. PHONE 72 2328. ALSO OUTBOARD MOTORS.

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

## RICHARDS HOME FURNISHERS

ST HELENS

PHONE 76 1147

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

Terrific range of carpet and curtain samples.

Everythin required for baby, carry baskets, blankets and pushers.

**WANTED TO BUY.** Basic golf set, left handed clubs to suit 12 year old. Iron 3 & 5,&7, Wood 4 and Putter, or similar. Phone 722130.

**FOR SALE.** 1 Night & Day Couch, 1 Single Bed. Suitable For Shack. Any offer. Apply Mrs G Binns Auli'ch's Lane. St. Marys

## AMATEUR FISHING.

**Net Limits.** An amateur may have one beach seine net and two graball nets. No licence is required for these nets.

The beach seine net must be no longer than 150 feet and have a mesh no smaller than 1 1/4 inches.

Each graball net must be no longer than 150 feet and have a mesh no smaller than four inches.

**Netting Restrictions** Netting is prohibited in most coastal rivers and lagoons. See the Fisheries Regulation for details.

**Seine Nets.** Anyone using a seine net in tidal waters must empty the net in the water. The net must not be drawn ashore while any fish remain in it.

**Spearng Bream.** A spear or any other similar implement must not be used to take bream.

## SCUBA DIVING

**Licence** An amateur diver over the age of sixteen cannot take crayfish, abalone or scallops unless he has a non-commercial diving licence.

Such a licence is valid from the time it is issued until the end of the following October.

An amateur diver under the age of sixteen can take fish without a licence.

**Minimum Sizes.** Queen Scallops. 3 1/2 inches  
Commercial Scallops 3 1/4 inches  
Doughboy Scallops 2 1/2 inches

The measurement is taken at the widest part of the shell.

## ST HELENS CECILIA ST. HARDWARE PH. 76 1119

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.

## SPORT

ST. MARYS LADIES VOLLEYBALL

Round 8 21.4.81

Game 1.

Bankcard d Kiwis 3-2 (7.15, 15.10, 12.15, 15.6, 15.7). Janet Targett and Sharryn Binns best for Bankcard and Jos Lynch, Tania Streets best for Kiwis.

Game 2.

Tobys won on forfeit by Tassie Devils.

Game 3.

Smurfs d Blackwoods 3-0 (16.14, 15.1, 15.4).

Game 4.

Tobys d Targetts 3-2 (4.15, 7.15, 15.5, 15.5, 15.7). Karon Bean, Tanya Goss best for Tobys. L. Johnson best for Targetts.

Round 9 - 28.4.81

Game 1.

Bankcard won on forfeit by Smurfs.

Game 2.

Kiwis d Targetts 3-0 (15.8, 15.6, 15.0). Judy Mulich best for Kiwis and Pam Davis best for Targetts.

Game 3.

Tobys d Blackwoods 3-0 (15.3, 15.0, 15.7). Karon Bean and Tanya Goss best for Tobys. Karen Barr, Andria Hayes and Janine Harris best for Blackwoods.

Game 4.

Bankcard d Tassie Devils 3-1 (15.6, 15.6, 3.15, 15.7). Ann Bennet best for Bankcard. Rest of the team played well. A. Greenwood and Penny Mitchell best for Tassie Devils.

Game 5.

Tassie Devils d Targetts 3-0 (15.5, 15.7, 15.0). A. Greenwood and Penny Mitchell best for Tassie Devils. Tanya Leedham best for Targetts.

ROSTER 5.5.81

Tassie Devils v Smurfs	BANKCARD
Bankcard v Targetts	KIWIS
Smurfs v Tobys	TARGETTS
Kiwis v Blackwoods	SMURFS

12.5.81

SEMI FINALS &amp;

Best &amp; Fairest Vote Count

RESULT OF GUN CLUB RAFFLE:-

Basket of Easter Eggs won by Mrs. Ruston, Laurence Vale Road, Launceston.

A very successful shoot shot with ideal weather conditions and 31 shooters. The most successful shooter was Laurie Viney from Launceston who won four events over the days shooting.

Alan Kean who travelled from Triabunna won the "A Grade" Single Barrel and 5 pairs of Double Rise. Many visitors and spectators called in during the afternoon. This was very pleasing. The public are always welcome and if they feel like afternoon tea it is available from 2.30pm onwards.

BINGO Jackpot \$210 next week.

Shoot held 19th April

15 Target Double Barrel H/cap

L. Viney	15/15
B. Bailey	

Best 11m Shooter - J. Thompson 13/15

30 Target Double Barrel Championship

A Grade	B. Bailey	31/32
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B Grade	M. Davis	45/45
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C Grade	D. Bailey	28/30
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Best 11m Shooter N. Knott 27/30

20 Target Single Barrel

A Grade	A. Kean	23/23
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B Grade	T. Singline	19/20
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C Grade	C. Saunders	18/20
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5 Pairs Double Rise

1st	A. Kean	16/20
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2nd	L. Viney	13/20
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Annie Oakley

1st L. Viney

High Gun

A Grade	L. Viney	71/75
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B Grade	T. Singline	68/75
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C Grade	W. Kerrison	63/75
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ST. MARYS BOWLS CLUB

100 up:- Ivy Brennan - C. Berwick

Twilight Comp. I. Brennan - J. Smith

Mens Pairs - F. Singline - J. McDonald

Mixed Pairs - P. & A. Llewellyn

Club Singles Champ. M. Oliver - C. Berwick.

Ladies Pairs: P. Davern - I. Brennan

Triples - V. Maney, P. & A. Llewellyn

Ladies Singles Hop. P. Davern

Mens Singles Hop. Clive Berwick

This years Battle of the Sexes was won by the members by 27 points.

#

TRENDSETTA

★

Ph. 722372

of St. Marys

DON'T FORGET MOTHER ON MAY 10TH ! ! ! ! !

HAND PAINTED ENAMELLED COPPER BROOCHES - \$3.95sm &amp; \$4.95 lge.

BOXED HANDKERCHIEFS (assorted)

NEW RANGE: NIGHTDRESSES, SKIRTS, TOPS, PROCKS etc.

SINGLETS, SPENCERS (Holeproof) - GIFTS &amp; BRASS

# CHURCH NEWS

## UNITING CHURCH IN AUSTRALIA - FINGAL PORTLAND PARISH

Sunday May 3  
Fingal 9.30am  
St. Marys 11.00am  
St. Helens 7.00pm

Sunday May 10  
Fingal 9.30am  
St. Marys 11.00am  
St. Helens 7.00pm

## CATHOLIC PARISH OF ST. MARYS

St. Marys - St. Mary of the Assump-  
tion Sundays May 3 and 10 9.00am

St. Helens - SS Helena & Stanislaus  
Vigil Mass Saturdays May 2, 9 6.30pm

Fingal - St. Joseph  
Sundays May 3 and 10 10.30am

Mangana - Our Lady of the Sacred  
Heart 3rd Sunday of month 10.30am

Bicheho - Sunday May 3 4.00pm

## MEALS ON WHEELS

<u>MAY</u>		<u>ST. MARYS</u>	<u>FINGAL</u>	<u>MANGANA</u>
Sunday	3	Heather Newman	R. Saunders	N. Ward
Monday	4	Edna & Max Haring	Ruth Saunders	R. Saunders
Tuesday	5	CYSS	Mrs. K. Johnson	M. Bean
Wednesday	6	Len Miles	Mrs. M. Mace	Mrs. Death
Thursday	7	Jean Freeman	Mrs. R. McGee	R. McGee
Sunday	10	Les Lavelle	M. Saunders	C. Upton
Monday	11	Mary King	Sharon Hall	M. Francis
Tuesday	12	CYSS	S. Lowe	Mrs. Sweeney
Wednesday	13	Karlene Richards	O. Saunders	J. Miller
Thursday	14	Miss Thorold	Mrs. H. Williams	M. Ward

### RETURN THANKS

Laura Williams wishes to thank all  
her friends for their good wishes  
and cards sent during her stay in  
hospital.

## CHIROPODIST

MISS DORIS HOOPER

IN PRACTICE AT THE DOCTORS  
SURGERY - ST. MARYS

FOR DETAILS-RING: 002-570171 ANY DAY BEFORE  
8.00am

## CHIROPRACTOR

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

SCOTTS DALE  
Kendall's Hotel  
9.30am - 12.15pm

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

APPOINTMENTS can be made through the week by phoning L'TON 318898

# WHATS ON

## FREE

THE LIONS CLUB OF ST MARYS  
Will be conducting a FREE Blood pressure  
check on Friday May 8th from 2pm-6pm  
in the Community hall Supper room.

## FAIRFETTE.

May Friday the 8th,  
Community Hall in aid of the Church  
of England. 1.30pm - 4.30pm.  
Donations and goods for stalls  
greatly appreciated. Well stocked  
stalls including a pastry stall  
sausages rolls, pasties, egg and  
bacon pies etc. Plus a chicken  
wheel.

## MEALS ON WHEELS ANNUAL MEETING

Will be held at St. Marys District  
Hospital on Tuesday May 12th at  
7.30pm. Annual Report, Treasurers  
statement, Annual election of  
officers for 1981-82, General  
business. All Welcome.

J. S. Miller

Hon. Sec.

## RETURN THANKS

Mr. Bill Nailer wishes to thank  
all those who sent cards and get  
well wishes. During his stay in  
the Launceston General Hospital.

Red Cross Committee Meeting to be  
held 7.45pm 4th May in the Hospital  
Board Rooms. Members and new members  
Welcome.

## LIFE BE IN IT.

The Division of Recreation are promoting  
the game of Indoor Bowls during the month  
of May & June. This is being conducted over  
the whole of Northern Tasmania. In the  
Fingal Valley the two Senior Citizens Clubs  
at Cornwell & St Marys have been asked to  
help. We are hoping that as many people as  
possible will come along on Thursday May 14th  
and have a try. People from Fingal St. Helens,  
Seamander, & Bicheno have shown interest.  
There will be at least 7 mats down in the  
Community Hall. There is no age limit. It is  
open to all so we hope to see you.

ST. MARYS LADIES FELLOWSHIP will  
meet 11 May 7.30pm Clinic. Mini  
Auction.

## ST MARYS HEALTH & BEAUTY CENTRE

COME AND SEE OUR RANGE OF GIFTS.

DONT FORGET

MOTHERS DAY

SUNDAY MAY 10th

WE STOCK A LARGE RANGE OF WATCHES

EARINGS DIAMOND RINGS AND

GOLD AND SILVER INGOTS.

ALSO POTTERY VASES E.T.C.

## MR PHILLIP GUNTON

Barrister & Solicitor

Is pleased to advise that he has  
commenced practice at Main St.,  
St. Marys on the FIRST and THIRD  
THURSDAYS & SECOND & FOURTH  
FRIDAYS in each month.

For appointment PH. 72 2172

## REGISTERED DENTAL MECHANIC

will be visiting St. Helens  
twice a month.

FOR APPOINTMENT:

Phone 76 1560

## LAUNCESTON BANK FOR SAVINGS

REGIONAL BRANCH SITUATED ST MARYS.

Phone 722 221

### TERM DEPOSITS

3 - 6 months 11.25%  
7 - 12 months 11.75%  
13-48 months 11.5%

### INVESTMENT ACCOUNTS

10% (one months notice of  
withdrawal)

Agencies at St. Helens, Bicheno  
and Fingal.

## A.M.P.

### PROTECTS YOUR WAY OF LIFE

X FAMILY SECURITY

X RETIREMENT

X SUPERANNUATION

X DISABLEMENT

X FINE AND GENERAL

X TAX SAVINGS

DOUG STINGLE

A.L.U.A.

Phone; 31 2877  
31 1907



## FOOTIE NOTES

by 'TIGER'S TAIL'

What a great day it was for the club last Saturday week with three good wins against 'rivals' Fingal, and before a record crowd.

The THIRDS started the day with a good win, kicking one of the highest scores for years, 23.20, but against an undermanned Fingal side who scored only 1.1. This score could have been greater if some of the boys had had their kicking boots on in front of goal. Stephen Jones put up a great effort with 11 goals, 14 behinds. Other goal scorers were Ray Squires 4, Leigh Spilsbury 3, Ricky Madden 2, Mark Ridges and Andrew Wright 1 each. Keep up the good work boys because it will be a tough game this week against Campbell Town.

The SECONDS battled again for the first half but ran away with the game in the last half when fitness and team-work helped, to the greater part, in their win.

Welcome back to the training track Chris and Michael Wright also Robert Davey and new players, Michael Hall & Nigel Mayes.

Seconds final score: 10.11 to Fingal 3.3.

Goal kickers for St. Marys were Roger Donald 3, Nigel Britton 2, George Hollis, Michael Brown, Scott Bean, Alan Lynch & Michael Wright 1 each. Hope you all make it to training both nights this week because this week a win against Campbell Town at home is a VITAL MUST.

The SENIORS, what can one say about this game, it had everything right to the finish. In football terms, 'a real gutsie win', it kept the supporters on their toes until the final siren, with some holding their breath (and everything else) they eventually saw the Tigers win by 7 points.

A great effort as the game is played over 100 minutes and to win the score board must see you in front at the end of the game.

I wont mention best players as it takes 20 players to make a team and that's what we had, a team, all trying. That is also what we all like to see and the only way to get the Tigers up the ladder for 1981.

Make the effort and train this week as it has been a long time since we beat Campbell Town at home, or away. Give the Coach, Terry, and those around the selection table something to really scratch their heads about.

On the track there are a few seconds players knocking on the senior door for a game.

Players awards for the last game were Thirds: Stephen Jones, Seconds: Roger Salter, Seniors: Robert Schier.

The club would like to thank the ladies for their hard work at the kiosk and what a busy day it was! Any females willing to help in the kiosk at home games please contact Mrs. Heather Newman or Mrs. Audrey Wright.

Mrs. Newman 722355 & Mrs. Wright 722337

The more volunteers the less time spent in the kiosk and everyone gets to view the games of interest.

The RAFFLE on Saturday was won by Mrs. Bird and Mr. Tom Squires.

Thanks to the ladies who saw to the raffle, a great job!

Thanks to the boys who did the time-keeping, this is a hard job at any time and Shaun & Michael being two Young boys did a superb job.

Thanks to our goal and boundary umpires & score-board attendants and not least of all our gate-keepers. (They dont get to see the game). Please keep up the good work in our club, which is also helping our community at large.

Club membership now available from Mr. Malcolm Wardlaw or Mr. Gary Richards at \$10.00 with 1981 badge.

## FOOTIE TIPS by 'ONE EYE'

Saturday, 2nd May, St. Marys to beat Campbell Town, Avoca to beat Fingal & St. Helens and Swansea to play a draw especially at St. Helens.

Do you agree? We'll see! Come Saturday

# ST MARYS SUPERMARKET

WE WISH TO THANK ALL OUR

CUSTOMERS THROUGHOUT THE

FINGAL VALLEY, EASTCOAST,

AND ST MARYS FOR THEIR

CONTINUED CUSTOM THROUGHOUT

THE PAST TWO YEARS.

WE HOPE YOU CONTINUE TO

SUPPORT THE NEW PROPRIETORS

MR AND MRS P, NICHOLLSON,

THANK YOU

BOB, MARGARET, GARY AND VAL

(STREETS)

## D.F.&M.D MATTHEWS

ST. HELENS.

FOR ALL HOME APPLIANCES

ELECTRICAL APPLIANCES

SCREENS AND BLINDS

PHONE 761483

## ST HELENS Phone 761162 BAKERY

Smallgoods Cakes Pastries

WEDDING AND BIRTHDAY CAKES, ICED.

BUSS ORDERS TAKEN.

So! don't forget to call in on  
us next time YOU. are in  
ST. HELENS.

## B.P. AGENT B&JA SPILSBURY

PHONE 722155(afterhours)OR

THE GARAGE on 722233

VICTOR MOWERS

CHAIN SAWS

SEE BRUCE FOR THE GOOD JUICE.

## E.K.&C.M. BARNES

ST. MARYS

WILL DELIVER WREATHS,

FRESH AND ARTIFICIAL

FLOWERS

BRIDAL BOUQUETS.

PHONE 72 2367

OR 72

72 2265.

## W LOCKETT & SONS

CAMPBELLTOWN

FUNERAL DIRECTORS.

ENQUIRES MAY BE DIRECTED  
THROUGH:

MR. D. CASBOULT, ST. MARYS.

PHONE 722143

OR

T. PEARS, CAMPBELLTOWN

PHONE 811167

BRUCE DAVIDSON FUNERAL DIRECTOR.

## TERRY TARGETT



CARTAGE CARTAGE CARTAGE

## SAND & GRAVEL

CARTAGE CONTRACTOR

PHONE ST MARYS 722 207

### ADVERTISING RATES

1 " single column \$ 2.00

2" single column \$ 4.00

1" double column \$ 4.00

$\frac{1}{4}$  page \$ 7.00

$\frac{1}{2}$  page \$15.00

Full page \$25.00

Classifieds; 50c each 25 words  
or part thereof.

## DARAL BAILEY & SONS

FUNERAL DIRECTORS

ST. HELENS.

ARTIFICIAL WREATHS AVAILABLE.

PHONE ENQUIRIES DIRECT.

ENQUIRIES

761153 or 722393 ( G. RICHARDS)

ST. MARYS.



# STARDUST

By Grandma Moses  
Fortnight beginning 30th April

## TAURUS: April 21 - May 21

Rest is much needed, so try to keep problems out of your mind to avoid tension. Spend some time with a hobby that needs a lot of attention, or perhaps settle down to read a good book.

BEST DAYS: 2, 10

## GEMINI: May 22 - June 21

Let no one involve you in an unnecessary argument. A good friend may seek your valued opinion. Make yourself useful to working committees. Good hard work will keep your mind from straying.

BEST DAYS: 7, 8

## CANCER: June 22 - July 23

Clear the air of all those useless things to make room to fulfill those important duties. When channeling your major efforts be discriminating about those you aid. Seek co-operation & be willing to give it.

BEST DAYS: 5, 9

## LEO: July 24 - August 23

A dramatic presentation of your personality may be just the thing needed to gain attention. Plan ahead now - if not then you must be prepared to accept some discomforts. Travel with care.

BEST DAYS: 1, 3

## VIRGO: August 24 - September 23

In anticipation of a trip it is time to look at maps and travel folders, this is where half of the fun is anyway. Meanwhile, write to someone who lives at a distance. Guard your health & diet with vigour.

BEST DAYS: 4, 8

## LIBRA: September 24 - October 23

Be agreeable & go along with someone who wants to share good things with you. Avoid bore s who are apt to boast continuously. Make peace with a neighbour & acknowledge that you were wrong. Humility is a valuable asset.

BEST DAYS: 30, 3

## SCORPIO: October 24 - Nov. 22

Children may cause you concern. New friends will enchant you simply because of their fresh & unusual outlook on life. You will enjoy deep religious inspiration which brings new found contentment.

BEST DAYS: 2, 9

## SAGITTARIUS: November 23 - Dec. 21

You are a success in all you attempt. Profound thoughts leave you feeling serene & at peace with the world. Honesty is always the best policy - don't let the moods of others interfere with your good intentions.

BEST DAYS: 11, 13

## CAPRICORN: December 22 - Jan. 20

A call from a relative may disturb your serenity. Don't let someone who is overemotional cause you to worry. Travel may be highlighted so take time to make plans. Health requires attention.

BEST DAYS: 5, 8

## AQUARIUS: January 21 - February 19

Your mood now is more inclined to romance than to educational & intellectual affairs. There is no point in being secretive about your personal affairs. Avoid eating or drinking in excess.

BEST DAYS: 1, 12

## PISCES: February 20 - March 20

You'll breeze through your work by devoting yourself to it & when it's done you will have plenty of time for pleasure & relaxation. Take the counsel of an old friend as a word to the wise.

BEST DAYS: 2, 10

## ARIES: March 21 - April 20

Security is good & you have no financial problems - this good fortune, for which you have worked, must be appreciated. Honor a talented & creative person & keep the harmony in a group.

BEST DAYS: 12, 13

ST MARYS  
BUTCHERY

WE DONT KEEP THE BEST !!!

WE SELL IT

PHONE 722 274

T.G.I.O.

FOR INSURANCE CONTACT.....

DENZIL CASBOULT, STORY STREET

ST MARYS.

PHONE 722 383 or

722 141