

THE VALLEY & EAST COAST VOICE

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EDITORIAL

KIDS TOWN

St. Marys needs a children's playground, a real playground with strong and sturdy swings, slippery dip, round-a-bout, see-saws etc. St. Marys needs to use the existing halls for childrens clubs, table tennis and other play activities for the young. It seems incongruous that a town has so many adult leisure and sporting facilities has so little to offer the younger generation.

The children seem to drift aimlessly through their holidays and their leisure time, I've seen young children waiting for hours for their parents to come out of the hotel, with no where to go and nothing to do. We need to do some serious thinking about our children, we should be prepared to spend a little time and money to provide some adequate facilities for their use.

Children are not voters, they don't pay rates, they're not employees or have any money, but they have a most important place in any town or city and some allowances should be made for them. In Council and Government they are an unrepresented minority, but they deserve a voice, for they are our only hope for the future.

It has been my good fortune to travel through many parts of this great country in almost every town regardless of size I have seen at least one or two decent playgrounds, some in areas very prone to vandalism, but with careful planning and skillful production the city fathers have made some strong and worthwhile contribution for the benefit of the children.

Times are changing, for a while lets stop thinking about ourselves and give some thought to our future, the children.

OKAY, LET'S TALK ABOUT ECONOMICS

In what must be the most horrifying statement of the decade, President Ford is reported to have said that the United States would go to war with the Arab countries if they cut off the supply of oil to the west. How poor is that

country that would go to war for imports? In the west America is considered at the height of technological and economic progress, but after that statement by it's President we certainly need to revise our thinking as to what constitutes true economic stability.

It is said that for a man to be truly free he must be totally independent, able at all times to rely solely on himself, free from attachment and desire, content. Such a man always puts himself first never succumbing to materialism or worshipping the inanimate.

All too often in Western economics the product of work is considered more important than the worker, the worker being measured only as so much labour time. In many eastern countries which the West would probably consider "under developed" or even "backward" the philosophy decrees that the worker is the all important, the product of his work an uneconomic proposal if any woman with children was forced to go out and work, leaving the children in the care of strangers or relatives.

Many of these eastern countries believe that man's only purpose on earth is spiritual fulfillment, and so are perfectly content with a simple way of



.....continued Page 5

ST. MARYS BAKERY

(J & R OWENS)

BREAD CAKES

BUNS PASTRIES &
PIES



WHOLESALE AND RETAIL

LETTERS TO THE EDITOR

Dear Sir,

With regard to your health notes last issue perhaps it should be pointed out that meat, when thoroughly cooked, loses much of its uric acid content. However, we have not been conditioned to eat meat cooked this way, because it becomes tougher and most of us are too lazy to chew our food properly. The meat should be cooked twice as long as it is normally done.

There are aesthetic and other points of view for not including meat in mans diet, but no one statement can be generalised, such as your writers referral to lack of cancer in vegetarian countries. Such a statement is too broad without analysis and definition. One rapidly expanding argument against meat is directed at its wasteful production. The space required, the food required to produce a pound of meat protein is quite enormous, about 250 pounds of feed per bullock per pound of protein produced at slaughter.

Meat in man's diet seems biologically correct. The teeth of man are carnivore's teeth, adapted to the tearing and crushing of meat, in addition to the vegetable items of diet.

Wholly vegetarian diets usually are supplemented with foods rich in protein, such as soy bean, cheeses and nuts. In like fashion to critics of meat, defenders can point to the harmful consequences of such foods, citing cholesterol levels and oil levels contained or produced by them.

It would seem that a commonsense approach to diet is to partake of nature's gifts in moderation and to sample as many as possible of her wonderful variety of edible products; eating them as close to the source as possible, not refining, treating or attempting to improve upon her own successful harvest.

Yours faithfully,
Charles E. Badger.
St. Marys.

Letters to the Editor continued Page 7....

BP

SERVICE STATION

B&J SPILSBURY

24 HOUR TOWING SERVICE

AGENTS FOR: VICTA MOWERS & CHAIN SAWS

PHONE ST. MARYS 63

SEE BRUCE FOR THE GOOD JUICE!

CLASSIFIEDS

SOUVENIER Spoons, Key Rings, Ash trays, Brooches. 60c to \$1.75 at ST. MARYS PHARMACY.

WORK WANTED Contract bricklaying. Contact - Otto Jurs C/- P.O. Box 67 St. Marys, or "Leigh Farm" Fingal Road.

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JUST ARRIVED!! Colour film for Polaroid cameras available at St. Marys Pharmacy.

REDLINE BUS SERVICE distributes this paper quickly and efficiently, why not let them work for you????

SAVE SAVE SAVE Max Factor Cosmetics all at half price at ST. MARYS PHARMACY.

WANTED TO SELL One FC HOLDEN Station wagon, goes well, unregistered. Best offer. Phone. J. Haas, St. Marys 130

HURRY! HURRY! HURRY! Cyclax, Max Factor and Yardley lipsticks to clear for only \$1.00. Hurry to ST. MARYS PHARMACY.

ALL DRESSMAKING expertly carried out. Prompt service, satisfaction guaranteed. GLAMOUR GOWNS, upstairs, Shaw's Arcade Launceston. Ph. 25 170. Open Sat. Morn.

KINGS BUS SERVICE, St. Marys, St. Helens Winnaleah, Bicheno, Swansea. Phone Winnaleah 218.

Have your children's Portrait taken for as little as \$6. Framed for as little as \$9.50. See Allan Jackson or phone St. Marys 37 for a sitting.

FOR HIRE Institute now available for hire every Saturday night. Bookings to be made with Toby Spilsbury.

WANTED TO BUY - Old bricks in reasonable order. Contact John Wassens, Phone St. Marys 201 in office hours.

For all your Duplication Requirements contact Valley Voice Publications P.O. Box 100, St. Marys.

piffle

whats on

Friends at Avoca will be interested to hear that former resident Murray Pyke will marry Miss Roslyn Graham at St. Johns Church, Devonport on March 1st and the reception at Castleigh Place, Rooke Street, Devonport.

Murray, who was a keen footballer and cricketer moved to Devonport last year and has been managing a farm at Thirlstone for Mr. Ray Trinder.

The lady who lost a bone coloured glove at the wedding on the 1st February can pick it up at the Craft room, Todds Hall.

Mr. & Mrs. Eddie Denman of St. Helens are holidaying with their son and daughter-in-law, Mr. & Mrs. David Denman and family at Burnie.

Mrs. Russell from Hobart is staying with her mother Mrs. Oliver in Mangana.

Dr. & Mrs. Phillip Cheung of St. Helens are at present holidaying in Hong Kong. Dr. C. Cawthorn is relieving Dr. Cheung during his absence.

Sr. Hayes from Victoria has been visiting Mr. Jack Miller at Mangana.

Receiving congratulations on the safe arrival of a son at St. Helens Hospital on 4th Feb. is Sue and Bernie Hastog of St. Helens. Benjamin Dirk are the names chosen.

Also receiving congratulations on the safe arrival of their baby are Mr. and Mrs. Steven Felmingham of St. Helens a son, Nicholas Steven born at Q.V.H. on 6.2.75.

Mr. and Mrs. Syd Rainbow of Ansons Bay also receive congratulations on the arrival of Josephine Lesley, born at Q.V.H. on 7.2.75.

The Lions Club of St. Helens have raised about \$107 from a cabaret and \$200 from the Canadian Hell Drivers for the Darwin relief Fund. About to commence on building operations at the little Park at Parkside turnoff, a toilet block and barbecue will be built, more information on this later.

Mrs. Linda Upton, Postmistress for 35 years at Mangana, has retired from the Postal Dept. through ill health, she has seen many changes come and go in that time. There used to be gold-mining in the district in her

Bread & Cheese lunch for the needy of the World on Thursday 27th February, 1975, between 12.30 - 2p.m. will be held at The Rectory, Fingal.

Hostesses: Mesdames M. Legro, G. Shephard and Miss L. Williams.

Stall: Bring a gift - buy a gift.

All Welcome.

Bicheno - March 1st, 1975 - Flower Show & Arts & Crafts. Please come and support us. Entries very welcome. Schedules at Todds Hall. Devonshire Tea Stall. Everyone Welcome.

The St. Marys Garden Club monthly meeting will be held in the Institute on Thursday February 27th at 2.30 p.m.

Competitions are: Best Gladioli. Best Plate Green peas. Best jar Raspberry Jam. Prettiest cake plate. All Welcome.

Thrift Shop Workers:

Feb. 14th Mesdames D. Holmes & M. Royle.

" 21st Mesdames G. Oliver & T. Spilsbury

" 28th " J. Faulkner & M. Maney

WANTED - School uniforms - all sizes.

We have had many enquiries for good school uniforms. Home products, flowers, preserves pickles, children's clothes wanted.

A Cent evening will be held for the St. Marys Hospital Fete, in the Hospital Rec. Room on February 14 at 7.30. Everyone a small gift please and Ladies a plate. All welcome, come and help the Hospital.

Tuesday February 25 at 2 p.m. Bible study circle will be held at the Rectory, St. Helens.

Brownies will meet next February 25 in the Methodist Hall after school.

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R E T U R N

T H A N K S

Paul and Sally, St. Marys would like to thank their many friends for cards and presents on the announcement of their engagement.

Thank you all.

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Piffle Cont'd.

schooldays, when she left school she took a post as school teacher for a while, before she took over the Post Office.

Mrs. Upton was President of Mangana C.W.A. for a few years, also a Sunday school teacher for several years, she also worked hard for Red Cross, and the St. Marys Hospital Auxiliary, she will be remembered by a wide circle from Fingal, Rossarden and St. Marys. Mrs. Upton now recovering from a severe illness wishes to thank her friends for their kind wishes.

FROM THE PARSONAGE

Two boys heard their mother read from the Bible, "Ask, and you will receive; seek and you will find." Bill and Bob decided to test the truth of this scripture. They went into the barnyard, joined hands and raised their voices: "O Lord send down two white-handled knives. Amen!" Nothing happened. The boys continued, raising their voices each time, until their father, working in the garden, heard them. That afternoon, when the brothers again prayed for the knives, the father, who had hurried to town to buy the knives, threw them over the barn roof. The boys thought God answered their prayer. Here the story ceases to be amusing. The father deceived his sons. God does not answer prayer in this manner. Jesus said that God knows what we need before we ask Him. He has given us bodies and minds to use; with them we make knives and other things we need. God, by prayer, grants us his presence and love, just as if we came into the presence of a loving Father. Since God knows best, we should try to understand his purpose for us and the world.

ST. MARYS

Sunday	16	Geoff Faulkner
Monday	17	Margaret Bullock
Tuesday	18	Dorothy de Vries
Wednesday	19	Betty Alomes
Thursday	20	Sam Gregson
Sunday	23	Jim Owens
Monday	24	Jess Cornelius
Tuesday	25	Betty Parker
Wednesday	26	Mrs. J. Muggeridge
Thursday	27	Mr. C. Royle

FINGAL

Sunday	16	Mrs. J. Woods
Monday	17	Mrs. B. Hughes
Tuesday	18	Mrs. Keith Johnson
Wednesday	19	Mrs. R. Woods
Thursday	20	Mrs. J. Sweet
Sunday	23	Mr. J. Clements
Monday	24	Mrs. A. McKenzie
Tuesday	25	Mrs. M. Francis
Wednesday	26	Mr. B. Saunders
Thursday	27	Mrs. J. Hall

PORTLAND

Monday	17	Golf Ladies
Tuesday	18	G. MacMichael
Wednesday	19	S. Hume
Thursday	20	E. Fysh
Friday	21	P.F.W.A.
Monday	24	B. Campbell
Tuesday	25	P. Burns
Wednesday	26	R. Keogh
Thursday	27	Pre-School
Friday	28	T. Williams

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CHURCH NOTICES

ANGLICAN PARISH OF AVOCA/FINGAL/CULLENSWOOD.

February 16th
Fingal 10.30a.m. Bishop of Tasmania.
Followed by a parish barbecue at Rectory to help the Rector celebrate his birthday. Bring own lunch and refreshments. No birthday presents thank you. Open to everyone.

February 23rd

St. Marys	8.00a.m.
Fingal	10.00a.m.
Avoca	3.00p.m.
Royal George	5.00p.m.

ANGLICAN PARISH OF ST. HELENS

February 16th

St. Helens 8.00a.m. Celebrant & preacher His Lordship, the Lord Bishop of Tas. Please note this will be the only service in the parish for this day.

February 19th

Priory 3.00p.m.

February 23rd

St. Helens	8.00a.m.
St. Helens	11.00a.m.
Pyengana	11.00a.m.

METHODIST PARISH OF ST. MARYS & ST. HELENS

February 16th

St. Marys	11.00a.m.	Pastor K.Dobson
St. Helens	7.30p.m.	"

February 23rd

St. Marys	11.00a.m.	"
St. Helens	7.30p.m.	"

CATHOLIC PARISH OF ST. MARYS

February 16th

St. Marys	9.30a.m.
St. Helens	8.00a.m.
Fingal	11.00a.m.
Bicheno	4.00p.m.
St. Helens	6.30p.m. (Sat.15th)

February 23rd

St. Marys	11.00a.m.
St. Helens	8.00a.m.
Fingal	9.30a.m.
St. Helens	6.30p.m. (Sat.22nd)

LETS LAUGH

Did you hear about the dog surrounded by four trees. He didn't have a leg to stand on!

YOU AND THE LAW

I am sure that we all agree, that some people just have to be dishonest. This of course is so acceptable in our so-called modern society. But crime and the criminal has been with us since the year one, and no doubt they will remain with us always.

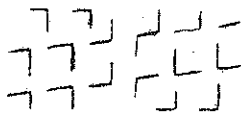
Of course I can never understand the reasons why a certain person turns to crime. Like the other day when a widowed pensioner left her doors to her home unlocked for a few moments while she slipped out to do a friend a good turn, and returning to her home she discovered that some one had been in her house, stolen her purse and its contents.

What a dispicable act! Just how far a thief will go to satisfy their own needs is remarkable, one wonders of course what type of person would stoop so low as to steal from a pensioner.

Of course it might be agreed that the person was not aware that they were stealing from the home of a pensioner. Well I can assure readers that this is not the case as I have it from good authority that the thief is well known, and that attention will be directed in their direction in the future.

From the information I have been given, the thief is not only well known but also is an adult and it is unfortunate that this matter did not come to our attention a little sooner, however, I am informed that certain residents will be keeping a watchful eye out from now on. We wish them luck.

H. F. Alomes,
Inspector.



FOR THE BEST IN HEALTH AND
BEAUTY CARE, SHOP WHERE THE
STAFF CARE....AT YOUR FAMILY
CARE CHEMIST....ST. MARYS
PHARMACY.
WITH THE ADDED BONUS THAT
YOUR COSMETIC PURCHASES THERE
HELP LOCAL EMPLOYMENT.

FISHING NEWS

St. Helens Game Fishing Club held a rally day last weekend. On Saturday, Scottsdale members L. Benes & Mrs. S. MacDonald landed albacore around 7 lb. each. On Sunday, Max Franks hooked an albacore but took too long to get it on board with the result that a mako shark ate most of the albacore, leaving only the head on the hook. Max got his revenge when the mako finally snapped at the head and this time no time was wasted in boating the mak. When the fish was weighed, Tom Tucker was delighted to see the scales run round to 123½ lbs. For the benefit of the uninitiated, it is traditional that when an angler boats a fish of 100 lbs or multiples thereof, it is his duty to present the boatman with a bottle of whisky for each 100 lbs of fish. In the meantime, the crew of "Miss Behave" were watching a 12 foot striped marlin and trying to persuade it to take a live bait or a lure. Unfortunately, it was not hungry. Back on "Maybe" Wes Stone hooked an albatross by the wing, but the Committee decided that this did not qualify for a trophy, particularly as Wes was sound asleep on the bunk when the bird took his lure. St. Helens Surf Angling Club have issued a challenge to Scamander Angling Club for a surf contest on Sunday 6th April at Big Lagoon Beach. All members of both clubs are asked to note the date and roll up. Starting time will be confirmed later but may be 2 pm. Scamander Angling Club will hold a surf contest at Wrinklers on 2nd March from 11 am to 5 pm.

Okay Lets Talk About Economics Continued from Page 1 ...

life, the west on the other hand even though they might consider these people heathen or lost, seem to prefer fulfillment of man, regardless of the cost, we seem to prefer material comfort to Spiritual enlightenment, satisfaction for our selves rather than any attempt to satisfy the Supreme Being.

Perhaps economically we need to look more closely at countries which have very little to do with the world export or import market.

Countries that consider isolation, independence and spirituality the right way to exist the right way to live.

C H R I S S T A N L E Y

FOR ALL YOUR ELECTRICAL REPAIRS
AND CONTRACTING ON THE EAST COAST.
PHONE

ST. HELENS

76 1279

Tennis Results

Mens Singles - First Round

J. Wassens d D. John (Forfeit),
W. Aulich d C. Loane 8-6,4-6,6-2,7-5.
K. Cook d P. Rubenach (Forfeit)
R. Legge d H. Trevena 6-4,6-0,6-1.
R. Jenkin d K. Faulkner 6-1,6-1,6-1.

Second Round

J. Wassens d W. Aulich 6-0,6-2,6-0.
R. Jenkins (Bye)

Ladies - First Round

Y. Salter d M. Bushing 3-6,8-6,6-3.
S. Naidoo d J. Faulkner 7-5,6-2.
S. Britton d S. Loane 7-5,6-8,6-1.
J. Aulich d M. Dawson 6-0,6-3.
P. Trevena d P. Thomas 6-0, 6-1.

Mixed Doubles - First Round

R. Legge : J. Faulkner d K. Cook : S.
Britton 6-3, 6-2.
R. Jenkins : S. Naidoo d H. Trevena :
P. Thomas 6-0, 6-2.
W. Aulich : M. Dawson d K. Faulkner :
M. Bushing 6-1,6-3.
J. Wassens : Y. Salter d P. Rubenach :
P. Trevena 6-1, 7-5.

Ladies Doubles - First Round

J. Faulkner : M. Dawson d S. Naidoo :
P. Thomas 6-2,5-7,6-2.
P. Trevena : Y. Salter d S. Britton :
M. Bushing 6-1,6-1.
J. Aulich : S. Loane (Bye)

Mens Doubles - First Round

R. Jenkins : H. Trevena d K. Cook : C. Loane
9-11, 6-2, 6-2, 6-4.
J. Wassens : P. Rubenach d R. Legge :
W. Aulich 6-1, 7-5, 6-4.
D. John : K. Faulkner (bye)

Matches to be played

Mens Singles

K. Cook v R. Legge winner play R. Jenkins.
winner of that match meet J. Wassens in
Final.

Ladies Singles

Y. Salter v. S. Naidoo.
S. Britton v J. Aulich winner to play
P. Trevena.

Mixed Doubles

R. Legge : J. Faulkner v R. Jenkins :
S. Naidoo
C. Loane : J. Aulich v D. John : S. Loane.
Winner to play W. Aulich : M Dawson winner
of that match to play J. Wassens : Y. Salter.

Ladies Doubles

P. Trevena : M. Bushing v J. Aulich :
S. Loane winner to play J. Faulkner :
M. Dawson in the Final.

Mens Doubles

J. Wassens:P. Rubenach v D. John : K.
Faulkner winner to play R. Jenkins : H.
Trevena in the Final.

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HEALTH NOTES

Two issues ago we discussed white flour and its poor nourishment potential compared to whole flour. This is also the case with rice and sugar. "Whiteness" has most unfortunately become synonymous with cleanliness and purity and with the advance of "Technology" and advertising, processed or refined (i.e. impoverished) foods have become the normal way to eat. To get into a package or tin, natural foods must literally "Go through the mill" and the worthy advice of Mr. Badger (Ref. letters to Ed.) regarding eating unrefined foods as close to the source as possible makes the point perfectly. Brown rice takes slightly longer to cook ($\frac{1}{2}$ hour) and is best prepared by covering with $1\frac{1}{2}$ " to 2" of water and boiling until this has all been absorbed, then served with butter and parsley or soy sauce - a wonderful change and more nutritional than white rice.

Good alternatives for white sugar are raw sugar or preferably honey - however current prices make the latter slightly prohibitive. Honey is alkaline forming which is more essential to mans diet whereas sugar is acid forming, but raw sugar is less processed than white.

Footnote:

These articles are written in good faith relying as much as is possible upon scientific data and are purely on a recommendatory basis. Although discussion of the articles is encouraged I consider criticism inciting argumentative controversy to be out of line with the basic intentions of writing and for this reason have refrained from discussing the spiritual or moralistic aspects of health and eating. New or unconventional ideas are often viewed with suspicion by the more conservative, however I hope that the contents may be of some assistance to persons in need of same.

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NOTICE

Parents of children $3\frac{1}{2}$ and over who were unable to gain enrolment for their children at the St. Marys Pre-school are asked to contact Dan Naidoo at St. Marys 154.

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There was a man from Dundee,
Who was bit on the neck by a wasp,
But asked "Did it hurt?"
He said, "No not at all,
I'm so glad it wasn't a hornet."

Dear Sir,

I would like to put an inadequate little bit of information in defense of farmers and butchers in answer to the article on eating meat and push my view of a balanced diet, and a healthy life, including variety and moderation.

I will simply quote what I have read and been told and let it stand for itself.

The African Masai Tribe are an answer to the suggestion that excess meat consumption increases the likelihood of particular illnesses. With a diet of meat, milk and blood they are outstandingly strong and healthy, with a highly successful society.

Fact number two, (supplied by a medical practitioner) is that British statistics indicate clearly that two types of people are prone to scleriosis of the liver - ALCOHOLICS and VEGETARIANS!!

Also, as people who follow the doings of medical research will know, the cholesterol argument has now substantially changed.

Poet Kahlil Gibran points out that "we must take life to sustain life". Are we to say that the 'life' of animals is different from the 'life' of plants? (1)

Finally two things which I consider more fundamental than any of the above: firstly that St. Peter was admonished in a vision not to call unclean what God has made clean. (2) This of course referred to race, but the physical example used was that of meat, cutting right across Peter's culture. Surely God would not use an example which is in itself wrong or harmful to teach something right and good.

Secondly the Biblical concept of atonement by sacrifice: when man initially turned his back on God, he was given animal skins to wear (in place of vegetable fibres) and meat to eat (as well as the fruit of trees) (3). This sacrifice of something outside of man to sustain man's physical life is a pointer to the necessity of sacrifice by someone more worthy than man to achieve and sustain man's eternal and spiritual life.

Perhaps its a little far fetched to be spiritual about what goes into our tummies, but as last weeks editorial wisely said need to return to spiritual values, and get the close links between physical and spiritual sorted out.

(1) The Prophet. (2) Acts Ch. 10

(3) Genesis Chps 1 - 4

Yours faithfully,
Jennifer Muggeridge.

GARDENING NOTES

Pumpkins and corn are good neighbours and stinging nettles help to preserve tomatoes. Early potatoes are good companions of beans, sweet corn, cabbages and peas. A small amount of horse radish, planted one in each corner of the potato patch aids the health of the potato. Also nettles and nasturtium benefit potatoes. Do not plant potatoes near tomatoes or sunflowers, they stunt each other.

Spearmints and other mints repel ants and repels cabbage butterfly.

If you have a large patch of mint cut it up and use as a mulch on the cabbage bed.

Marigolds planted as borders round the beds, are used as repellents for various pests, which go for potatoes, cabbages, caulis, tomatoes, they are good near fruit trees too, so are nasturtiums, aphids hate them.

Aphids also hate onions and garlic, so plant a garlic bulb near your roses, they will be much healthier. Also ladybirds eat aphids - if you have anything infested by aphids, collect a few ladybirds and put them on the plant, in a few days they should have them cleaned up!

Nut trees planted in a paddock with stock repels flies that live on cattle, so it is a comfort to the stock, they get under the shade and have peace from stinging flies. Radishes, aid other vegetables, lettuces growing near radishes makes the radishes tender, and radishes near nasturtiums have an improved flavour.

PIFFLE Continued ...

A Cent Evening will be held in the Cornwall Hall on Wednesday Feb. 19th at 7-30 pm. Everyone a small parcel approximately 50c Ladies a Basket. Proceeds Hospital Auxiliary.

NOTICE

WATER RESTRICTIONS

St. Helens Water Supply

Notice is hereby given that as from Tuesday February 11, 1975, the use of water is restricted as follows - The watering of gardens and other outdoor lots is restricted to between the hours of 5 pm and 9 pm throughout the St. Helens water district.

The restrictions are due to heavy demands upon the depleted supply and aim to maintain a reasonable fire fighting reserve.

By order of the Council.

E.J. PRESS,
Council Clerk.

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Trekking in the Himalayan Foothills

Part 1

Joan Smith

The approaches to the splendid panorama of the most noble mountain peaks in the world are surprisingly vertical in their endless ups and downs. Tracks connecting the numerous little villages have been in existence for a very long time, and to make the going easier for the Nepalese who carry all burdens on their own backs stone steps have been let into the hill-sides, thus producing amazingly long outdoor staircases. The great stones are beautifully placed, but it makes one quiver to think of the sweat and toil involved in getting them up in position on such steep inclines in such hot sunshine.

Geologically speaking it is a young landscape, not yet smoothed down into gentle slopes between the gushing streams which are fed with melting snow in summer, and with torrential rain the the monsoon season. The mountains are being heaved up higher here and there even now by pressure from below.

As one approaches Kathmandu by plane and sees at last the distant snowy giants spread out ahead across the whole horizon, it is like seeing the promised land, and perhaps fortunately exhilaration and emotion tangle one's throat on bubbling superlatives and cliches and only gluggles emerge.

Nepal is not very large, but is nevertheless divided into three levels; the low-lying malarial jungle country beyond the Indian border, where the royal hunts used to take place; then the higher land including the great Kathmandu valley thought to have been a lake originally, but which reaches 4,500 ft. a.s.l. at the airport. In this section hills and mountains rise up to 12,000 ft. a.s.l. Next is a great sweep of mountains and their foothills, the peaks of which range from 15,000 to 29,028 ft. on Mt. Everest. We drove to Pokhara to begin our trek, it is 100 miles from Kathmandu and as we returned by plane it was interesting to have an opportunity of seeing the scenery from ground level as well as from above. The road followed a river valley for most of the way, and at least 5 road blocks had to be contended with, nearly all guarded by soldiers, however we had an experienced driver who knew when to pay up and thus we reached the H.Q. of Mountain Travels in Pokhara in good time. These treks are extremely well organised. Our sirdar had been on many trips with Hillary and other climbers as well as looking after amateur types like ourselves. He was in charge of us and everyone else, there were the sherpas, recruited from villages near Mt. Everest, and the porters who carried all camping equipment in baskets hung by a band from the forehead.

Continued next issue.

Classifieds Cont'd.

WANTED TO BUY.....Green gages and other dessert plums. R. Morris.
Phone Bicheno 75 1263.

FOR SALE....1956 FJ Ute in good condition. Also new potatoes @ \$3.00 a case.
Apply P. Greenwood, Cameron St., St. Marys.

LOST.....1 Evinrude Outboard Motor. 4hp. Finder please ring 72 5222 or contact W. Cain, Scamander.

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Whatson Cont'd.

St. Helens Sunday School will recommence Sunday Feb. 23 at 10a.m.

★ ★ ★ ★ ★ ★ ★ ★

NOTICE

A Meeting of the Tennis Club will be held on Monday 17th February at 7.30p.m. in the Tea House, Todds Hall.

★ ★ ★ ★ ★ ★ ★ ★

T H E M A N

Everyone should be looking forward to the Tasmanian Theatre Co. Presentation "The Man". Sponsored by the Austral Arts Council "The Man" is the first of many new plays and shows to tour Tasmania. It is hoped that the response is good enough to encourage the Arts Council to promote further items in St. Marys. "The Man" is an exciting thriller written by Mel Dinelli and stars Marion Edward (Aunt Harriet in Bellbird) and Russell Kiefel. "The Man" plays for one night only at the Community Hall, Friday March 7th at 8p.m.. Bookings at the Craft Shop, Todds Hall.

The Tasmanian Arts Council in Association with The Tasmanian Theatre Co.

Present

THE MAN

by Mel Dinelli.

St. Marys Community Hall, Friday March 7th at 8p.m.

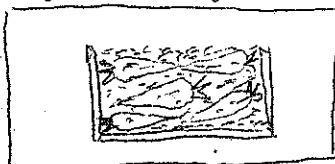
Adults \$3.00. Students & Pensioners \$1.50. Bookings at the Craft Shop, Todds Hall.

Use Sawdust

Sawdust has many uses.
Snails hate it and will only cross it when desperate. It's better than bought snail baits, as it can be used with safety around kids and dogs.

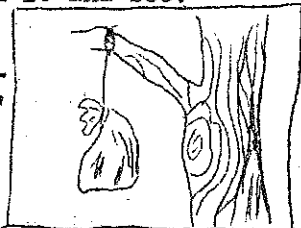


Store your glut of harvested carrots in it until you're ready to use them.



Clean grubby hands with it.
For a happy kitten use it in the dirt tray and save yourself a fortune.
Fill a sack and hang it from a tree.
Encourage your kids to punch, whack and bang it. At worst you'll produce a Lionel Rose, at least you'll free a few tensions. Whack it and see.

Sawdust can be used to stuff toys, preferably the "sitting" type rather than those to be much used and abused.



Finally we all know that sawdust serves as a fine mulch and breaks down quickly providing it is well rotted before being put on the garden. Some people advocate mixing it with blood and bone. Most important of all sawdust is free for the asking.

(See you at the timber mill!!)

From "Earth Garden".

RECIPESoy Rice Burgers - from Kath Lohrey

1½ cups cooked soy beans,
1 cup cooked brown rice,
1 small onion,
2 eggs, ½ tspn salt.
1 cup wholemeal bread crumbs,
¼ tspn paprika, 2 tblspns chopped parsley
½ cup wheat germ.

Mash soy beans well. Chop onion finely. Beat eggs lightly. Combine all ingredients except wheatgerm, mix well. Form into 4 hamburger shapes. Roll in wheat germ. Put on greased slide, bake in moderate oven approx. 30 minutes. Serve with salad or as a snack.

★ ★ ★ ★ ★ ★ ★

VALLEY VOICE printed and published in St. Marys every alternate Friday by an honorary staff as a community effort.

★ ★ ★ ★ ★ ★ ★

THE WAY OF LIFE

Before the world began a presence existed - which is complete and endless and this presence reveals itself in unending motherhood all pervasive, it is the source of everything - although it defies definition I call it "the way of life". It could also be called "the Fullness of Life". Since this implies the continuing aspect of growth. From birth to death and ultimately a return to the source. In this sense nature is fulfilled Heaven and Earth are ever renewed. And an able human being will be likewise fulfilled. There are four things which are ultimate, and an able man is one of them. Man devotes himself to fulfilling his purpose, and achieving his goals. And Nature's way is to exist and be itself. Thus Heaven and Earth are fulfilled and create a cycle of which all living creatures are a part. For a healthy mind could you bring all of your goals into harmony? Desiring to maintain a healthy body, could you embrace life as a child does? Can you keep in touch with your original nature, even when you are grown. Can you guide by example, rather than a contest of will? Can you be flexible in the way you interact? Can you interact with nature without interfering or trying to change what you find? Can you receive as well as give? Listen as well as speak? If you can bring forth new life, and nourish the child which is born. If you can point the way by your own example.... If you can lead without insisting that you be followed... If you can give without attachment... Then you have reached the core of life.

Lao Tse.

★ ★ ★ ★ ★ ★ ★

LETS LAUGH

Farmer Clem had been on a tear in the big city and was suffering from a terrific hangover when he stumbled out at five in the morning to milk the cow.

"You look terrible," said the cow bluntly. "Those circles under your eyes reach down to your knees."

"I know," said the farmer sadly. "And milking you is only the beginning of my troubles. I'll be slaving on this durn farm till seven this evening."

"Well," volunteered the cow. "I'll help all I can. You just hold tight and I'll jump up and down."



STARPROBE

By Pegasus

Fortnight beginning February 14th.

ARIES March 21 - April 20

You may try to please one person and as a result, displease another. It is best to let friends do what they wish independently.

Best days 31st, 4th & 12th.

TAURUS April 21 - May 20

Make a budget for the month. Bear in mind that you may likely have larger expenses due to past expansion. Look for a way to earn extra cash. Best days 1st, 6th & 9th.

GEMINI May 21 - June 20

Do not become neurotic over conditions that dismay you; just be cheerful that you are getting help for them now. Prepare for a holiday! Best days 2nd, 8th & 11th.

CANCER June 21 - July 22

Let yourself be a little extravagant about wardrobe. Do a lot of window shopping before you decide to buy. Do not waste! Best days 3rd, 5th & 11th.

LEO July 23 - Aug. 22

Do not speak your mind thoughtlessly in a way that could injure the feelings of a relative. When you are in error be willing to admit it. Best days 4th, 9th & 12th.

VIRGO Aug. 23 - Sept. 22

There are things you definitely need but you may have to work it out very closely about ways in which to obtain them without ruining your savings. Best days, 1st, 8th & 10th.

LIBRA Sept. 23 - Oct. 22

Use ideas that come at this time. You will be quite inspired, but must work in a practical way with the gifts you receive. Talk things over with an older person.

Best days 3rd, 9th & 12th.

SCORPIO Oct. 23 - Nov. 22

Your energies will be used well now and you will be very dutiful. There may be gossip about you when it comes to love or marriage. Don't let this worry you. Best days 31st, 5th & 10th.

SAGITTARIUS Nov. 23 - Dec. 21

A new friend may fascinate you and hold your admirations, but this may not be a healthy relationship due to mysterious concerns. Best days 2nd, 7th & 11th.

CAPRICORN Dec. 22 - Jan 19

The month holds tension and you may undergo a very serious change of attitude. Your intolerance and quite harsh views may come out in full force. Best days 1st, 7th & 10th.

AQUARIUS Jan. 20 - Feb. 18

Excitement in your environment whatever type it is, can be building by the day. During the month, you may become interested in someone new in the district. Best days 1st, 7th & 8th.

PISCES Feb. 19 - March 20

An important new venture in your work area may be left up to you to supervise. You may be happy and also worried. Rely on the judgement of the executives. Best days 5th, 6th & 9th.

THE CARLYLE

SALE...SALE...SALE...SALE...SALE

Summer dresses nothing over \$8.
Childrens frocks reduced. Blouses, skirts, evening frocks, brunch coats all reduced. \$2 off all slacks, and knitwear. \$2 off mens trousers and Keyman jeans. Tank tops sizes 4-14

\$1.25.

PH 76 1175 38 Cecilia St.
St. Helens.

ST MARYS' BUTCHERY

WE DON'T KEEP THE BEST WE SELL IT

PH 76