

THE VALLEY & EAST COAST VOICE

Volume 7 No. 22 P.O. Box 100 St. Marys. Friday February 28th, 1975 Price 7c
Registered at the G.P.O. Hobart for transmission through the post as a periodical

EDITORIAL

The Tasmanian Arts Council

With the first play "The Man" due to open on March 7th, the Tasmanian Arts Council is hoping for a good response from the country people. The Arts Council has many new shows planned for the rest of the year.

The next show will be the Lorræe Desmond Show on the 8th of April; Roy Coward and Ian Carr appear in that very saucy comedy "Gilbert and Sullivan go Kosher"; The Tasmanian Ballet Company will tour in June as will the Trinidad Steel band, this band has delighted audiences all over the world and have recently appeared on the Nana Mouskouri Show. During October the Kolobok Dance Company will tour followed by the Ray Price Quintet; Dos Maravillas a flamence guitarist & his lovely dancer wife will tour later in the year as well; The Tasmanian Theatre Company may also be producing another play to tour Tasmania, this is expected to be "The Generation" a highly amusing comedy.

All in all it looks very interesting this year, St. Marys is fortunate to be included in the Arts Council tour even though there is no branch of the Arts Council in St. Marys, perhaps a branch can soon be formed so that we can always be assured of good shows and plays.

Womens World Day of Prayer

On Friday 7th of March women all over the world will unite in prayer to God. The service this year will be held at the St. Marys Catholic Church at 7 pm, and at the St. Helens Catholic Church at 3 pm. The theme of the service is entitled "become perfectly One".

In these troubled times it seems fitting that the theme chosen should be on the essential "Oneness" of God's Creation, the highest ability is to recognise the Divine in all regardless of sex, creed or race.

It is a time to rejoice with all women that they are finally being treated equally and with respect. The highest man can do for women is to treat her with dignity and respect knowing that she is women in body only, the Soul being changeless and beyond the distinction of man and women.

Politicians are a Funny Lot

From the idiotic ravings we have recently had to contend with from one politician or another, it seems high time that we revived seriously our idea of what constitutes a good politician.

A good politician is a man who cares for nought except the welfare of those who put trust in him and elected him to a position of responsibility (not power). That man who serves the ideal of democracy, who is not corrupted by the esteem and power presented to him, the man who always remains himself, never aloof or unapproachable.

A good politician is a man that strives to keep the people informed of the truth who considers that the people are quite intelligent enough to discriminate between right and wrong.

A good politician is a man of spirit who's striving is to please the Lord.

ST. MARYS BAKERY

(J & R OWENS)

BREAD CAKES

BUNS PASTRIES
& PIES



WHOLESALE AND RETAIL

LETTERS TO THE EDITOR

Dear Sir,

Its cat dumping time again, forgive me if I sound a little blase about such a thing, but I am utterly fed up with thoughtless human beings who dump unwanted cats on other peoples doorstep. We have just been landed with two kittens and their bewildered mother. Five cats dumped on your doorstep in 6 months is not funny. In the last two years we have kept count of the number of cats we have been saddled with, the total for that period is 16 cats, that is besides the countless others over the years we have lost track of. We have in our family an asthmatic highly allergic to cat fur, we cannot keep them as pets, therefore we certainly do not want someone elses Moggy.

I find it appalling that so many other-wise sensible adults, become unfeeling cowards who think its quite O.K. to unload unwanted pets onto other people, or worse still abandon their pets to the bush, where they become ferral cats and do untold harm to Tasmanias bird life. Diseased cats are a threat to human health, as a child I contracted diptheria from a cat, the cat later died, and I almost lost my own life as well.

Cat dumping is illegal I would have no hesitation in reporting anyone I caught in the act of abandoning their animal in this way. Its the poor little animal that suffers. People return to their warm cosy houses after getting rid of their cats, conveniently forgetting the bewildered hungry animal they have left behind.

Are people supposed to ignore the hungry plea in the eyes of unwanted cats found on their doorstep? I cannot shoo them away, so I feed them.

In the cities there are regular opportunities to take stray cats and have them painlessly destroyed at Council expense, however this does not apply in country areas, as no such facilities are available.

It is heart breaking to have to shoot these creatures, does anyone in their right mind imagine it is an easy thing to do? Many tears this family have shed over these unwanted little animals. Each time a bullet is fired and another cat is dead, I think of the gutless wonders, uncaring and cruel who allowed this situation to develop in the first place - through neglect, For them it is so easy to palm off their responsibilities onto other people. If you really love your pet, care for it properly, do not allow it to go on breeding and breeding and adding just one more unwanted cat, to an already overburdened countryside.

Due to lack of space we have condensed this letter - Editor.

"Angry"

WANTED - Sound horse from 2 to 12 years
Phone Bicheno 75 1225

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

WANTED - Lead or rhythm guitarist to join group. Phone 74 2252 after 6 pm.

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

WANTED TO USE - A couple of wool carding combs plus information on how to use them. Contact Mary, Museum and Arts Centre.

If you REALLY want to Control dandruff - DANGARD - \$2.10 and \$3.35 at St. MARYS PHARMACY.

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

See the range of HOBBI-DOT SLIPPERS AND SANDALS at ST. MARYS PHARMACY.

WANTED TO BUY - Round tilt top table - full particulars write to, Valentine, C/- Post Office, Bicheno.

MAX FACTOR, YARDLEY and CYCLAX lipsticks to clear at only \$1.00 each at ST. MARYS PHARMACY.

FOR SALE - All steel trailer, 4 ft by 7ft. \$70.00. C. Rawnsley, Scamander.

DIETING SPECIAL !! If you're overweight then we're overstocked. TOPPEXIN 6 Dieting course to clear at half price.

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.

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!!

PIFFLE

Miss Val Schier has just spent a fortnight with her parents Mr. & Mrs. G. Schier of Falmouth; she is now at University after a diploma of Education Award.

Mr. John Schier is now home at Falmouth after 3 years in Victoria. He is in Tasmania indefinitely.

Mr. David Schier is receiving congratulations on being picked for the Kings Cup squad. He rows in University No. 2 crew.

Michael Sweeney from Mangana and Malcolm Russel of Bellerive leave Thursday evening on the Bass Trader from Burnie to Sydney and from there by Australis to South Hampton arriving 6 weeks later calling at all ports, on a working holiday round England & Europe.

WHATS ON Continued

Cornwall Mothers Union, 10.30 am. March 4th. All welcome.

Thrift Shop Helpers.

Feb 28 - Mesdames J. Faulkner, M. Money.

Mar 7 - D. Morris, L. Faulkner.

Mar 14 - J. Bushing, D. Singline.

Indoor Bowls. Cornwall. New players welcomed. Good nights entertainment Only 20 cents. Every Friday.

Church of England Sunday School for St. Marys and Cornwall. Resumes Mar 9th 10 am at Cornwall Church new scholars welcomed.

RETURN THANKS

Clarice Harold Thomas & Family wish to sincerely thank all relatives and friends for cards and personal expressions of sympathy in the sad loss of our dearly loved brother Ted.

Thank you all.

WHATS ON!

St. Helens Hospital Fete will be held at the new hospital. The Minister for Health Mr. Farquhar will be opening the Fete at 2.30 on March 8. Stalls, chocolate wheel, afternoon tea.

Chamber of Commerce will hold their meeting at St. Helens Hotel-Motel on Friday 28 at 8 p.m.

The Womens Day of Prayer will be held at the Catholic Church, St. Helens Friday 3 p.m. All Welcome.

The Cullenswood Parish Thrift Shop will be closed on Friday 14th March owing to the Hospital Fete.

ST. MARYS HOSPITAL FETE - Every one is working hard for the Hospital Fete to be held in the Memorial Hall, St. Marys on March 14 at 2 p.m. There will be a coffee party held at the Hospital on March 5, Wednesday morning at 10.30a.m. Some successful past evenings and coffee parties have been held to raise money to pay the expenses for the Fete, which we hope will be very successful.

On Tuesday, March 4th a meeting of the St. Marys Branch of the Aust. Red Cross Society will be held in the Institute at 7.45 p.m. All those interested are cordially invited to attend.

On Monday March 10th the Red Cross Blood Bank will be at the Institute from 7.30 p.m. to 9 p.m. New blood donors are urgently needed.

On Sunday March 16th the Red Cross Branch will hold its Annual Door Knock to raise funds for the Ambulance - when collections will visit all houses in the town, commencing at approx. 5.30 p.m.

FINGAL VALLEY WELFARE COMMITTEE FOR SENIOR CITIZENS.

The Annual Public Meeting of the above will be held in the St. Marys Institute on Monday the 17th of March at 7.30p.m. The Warden of the Fingal Municipality (Mr. C. Haas) has agreed to Chair this Meeting. The Public are cordially invited to attend.

The Guest Speaker will be Mr. R.H. Green of Sandy Bay who is President of Ass. of Senior Citizens Clubs of Tasmania. Also a slide demonstration of Overland Track from Cradle Mt. to Lake St. Clair and Hand Crafts Display from individual Clubs. Supper will be served.

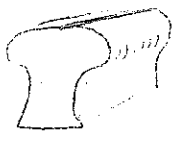


The Welfare Committee for the ensuing 12 months will be elected at this Meeting. Nominations must be made through Senior Citizens Clubs and close on the 10th March.

It is hoped that this Meeting will be well attended and anyone requiring transport to contact individual Clubs as follows

Continued Page 4

WEDDING & BIRTHDAY CAKES

ICED

PIES PASTIES SMALLGOODS

CAKES

ST. HELENS BAKERY. Bus orders taken

ST HELENS
BAKERY

PHONE 761162

FROM THE PARSONAGE

The Christian should have an appetite for prayer. He should want to pray. One does not have to force food upon a healthy child. Exercise, good circulation, health and labour demand food for sustenance. So it is with those who are spiritually healthy. They have an appetite for the Word of God and for prayer. Sin breaks fellowship with God. A little girl committed a certain offence and when her mother discovered it she began to question her daughter. Immediately the child lost her smile and a cloud darkened her face as she said, "Mother, I don't feel like talking." So it is with us when our fellowship with God is broken sin in our lives. We do not feel like talking to Him. If we do not feel like praying, it is probably a good indication that we should start praying immediately.

ST. MARYS

Sunday 2 Kevin Faulkner
Monday 3 Tom Hall
Tuesday 4 Lyn Shennon
Wednesday 5 Judy Spilsbury
Thursday 6 Margaret Bullock
Sunday 9 Gerald Aulich
Monday 10 Audrey Wright
Tuesday 11 Ros Nailer
Wednesday 12 Bonny Crawford
Thursday 13 Jean Freeman

FINGAL

Sunday 2 Mr. P. Mills
Monday 3 Mrs. R. Saunders
Tuesday 4 Mrs. P. Rowlings
Wednesday 5 Mr. J. Miller
Thursday 6 Mr. K. Johnson
Sunday 9 Mr. L. Rubenach
Monday 10 Mrs. R. McKenzie
Tuesday 11 Mrs. K.I. McKenzie
Wednesday 12 Mr. C. Bean
Thursday 13 Mrs. Athol Woods

PORTLAND

Monday 3 J. Barber
Tuesday 4 G.C. LeFevre
Wednesday 5 S. Breen
Thursday 6 S. Pixley
Friday 7 S. Hume
Monday 10 Brownrigg/Blunt
Tuesday 11 R. Veale
Wednesday 12 L. Johnston
Thursday 13 D. Hutchinson
Friday 14 G. Breadmore

Whatson Cont'd

SENIOR CITIZENS WELFARE COMMITTEE

Cornwall - Mr. Perce Llewellyn
Fingal - Mrs. Margaret Sutton
St. Marys - Mrs. Maisie Royle

XX
XXXXXX
XXXXXX
XX

CHURCH NOTICES

ANGLICAN PARISH OF AVOCA/FINGAL/CULLENSWOOD

Sunday 2nd

Fingal 8 a.m.
Cornwall 9.30 a.m.

Sunday 9th

St. Marys 8 a.m.
Opean air Family Service & Barbecue
at "Frodsley" Fingal. Bring your 11 a.m.
own lunch. Swimming. All Welcome

ANGLICAN PARISH OF ST. HELENS

Sunday 2nd

St. Helens 8 a.m.
Falmouth 9.15 a.m.
St. Helens 11 a.m.

Sunday 9th

St. Helens 8 a.m.
Pyengana 11 a.m.
St. Helens 7.30 p.m.
(Mothering Sunday) This will be
followed by a lantern lecture in the
parish hall, given by Mr. Ken Chapple,
showing some slides of his recent trip
overseas. Supper will follow, includ-
ing the cutting of the Simmel cake.
N.B. No 11 a.m. service on this day at
St. Helens.

METHODIST PARISH OF ST. MARYS & ST. HELENS

Sunday 2nd

St. Marys 11 a.m. Pastor Dobson
St. Helens 7.30 p.m. "

Sunday 9th - Harvest Thanksgiving.

St. Marys 11 a.m. Pastor Dobson
St. Helens 7.30 p.m. "

Sunday School commences on Sunday March
9th, 10 a.m. at Methodist Hall all
children welcome.
Social Evening and sale of Harvest gifts
will be held on Monday March 10th at
8 p.m. at the Methodist Hall. All
welcome.

RETURN THANKS Continued

The sisters of the late Leonard Victor
King sincerely wish to thank their many
kind relatives and friends, near and far
away, for lovely cards, letters and per-
sonal expressions of sympathy, in the
recent sad loss of a dearly loved
brother.
Would all please accept this as an
expression of our personal sincere thanks.

YOU AND THE LAW

The wild duck season opens this weekend, so we can expect shooters to be out in force. No doubt there will be many disappointed shooters about after the opening weekend, but I just want to pass on a word of warning to shooters.

To any shooter who has it in mind to "Beat the Gun" I would suggest that he or she reconsider and stop and think of the consequences if they should be caught.

Game Wardens and Police will be on the lookout for any person breaking the Law, so if you decide to get in a little early ahead of time, there is every chance you will be caught and if you are caught then you can expect to have all your firearms, in your possession, and your ammunition, confiscated, and on top of that you will certainly be prosecuted. Also don't forget, if you intend to enter upon private property, then you should first obtain permission from the owner of the property to do so, your failure to do so could also lead to prosecution and the confiscation of your "hard ware" especially if that property is rural property.

Many farmers do not object to shooters entering upon their property providing they are first approached, but it is often found that shooters take it upon themselves to enter upon another person's property without obtaining permission. Well don't get caught, and if you do get caught then don't say you weren't first warned.

If you decide to take a chance, and you get caught then you will take the consequences.

National Park Rangers and the Police, in co-operation with farmers will all be on the lookout for you, the shooter. Just play the game fair, stick to the rules, abide by all the safety rules and enjoy what should be a good duck season.

H.F. Alomes
Inspector

THE INVISIBLE INGREDIENT IS
KNOWLEDGE IN ALL
MATTERS OF HEALTH AND BEAUTY
IT PAYS TO ASK YOUR GUILD
FAMILY CARE CHEMIST. WITH
THE ADDED BONUS ETC. THAT
YOUR COSMETIC PURCHASES
THERE HELP LOCAL EMPLOYMENT.

FISHING NEWS

There have been no contests since our last report and because of the prevailing Easterly weather, very little fishing has been possible. Scamander Angling Club are hoping for better conditions next Sunday when a surf contest will be held at Wrinklers Beach from 11 am to 5 pm. As this will be a "long" weekend, a big entry is anticipated. Readers are reminded that non-members can take part and are welcome. Entry fees are 60 cents for members, 80 cents for visitors and 20 cents for juniors. All anglers are reminded that the St. Helens versus Scamander contest will take place at Big Lagoon Beach on 6th April next. The Tasmanian Game Fishing Association held its quarterly meeting at St. Helens last Saturday week and on Sunday the Southern representatives from the Tuna Club of Tasmania were taken to sea on the two charter boats. It was their first experience of crossing the St. Helens barway and there was just enough sea running to make things interesting. Unfortunately none of our guests could tempt a fish. St. Helens President Neil Suter set a good example by catching the first fish which turned out to be a 'couta' but a few minutes later he hooked an albacore and successfully brought it on board. It was his first tuna and other members consider that it will probably be hung up in the bar or the lounge. Only other angler to land a tuna was Ken Jenkins with an albacore after he had complained that his lure was no good and that he was being told to troll too close to the boat. Next game fishing event is the Rally Day on 23rd March and there are still a few vacant berths on the charter boats which will be allotted to the first applicants.

★ ★ ★ ★ ★ ★ ★

ANTIQUES

WE BUY AND SELL ANTIQUES AND
OLD WARES

PETER RUBENACH LICENSED SECOND
HAND DEALER.
CRAFT SHOP, TODD'S HALL
ST. MARYS.

HEALTH NOTESTrekking in the Himalayan FoothillsPart 2

Joan Smith

On stone platforms built at intervals along the tracks porters rest their baskets and themselves, we found it an effort getting ourselves up those steep near-vertical pulls, and down the other sides without heavy baskets on our heads, but by looking round at the children we realised the porters began training young for a hard life. Very small boys are in charge of enormous wide-horned buffaloes all day, and apparently by mere force of personality drive those wild looking beasts where they wish, and tiny, frail little girls wearing ragged looking clothes hop up and down precipitous hillsides with a bouncing slightly younger child on the hip. Though so small boned and slight the Nepalese seem to have great stamina.

We, the customers merely carried what we needed during the day, such as a camera, some water, sweets, and so on, and with parasol overhead we ambled up and down admiring the view, marvelling at the women and children threshing the corn, the men playing gambling games, carrying heavy loads of hay, the women weaving with primitive back-strap looms, or whatever the useful task might be in the many little villages we passed through.

It was a great lesson in the fallacy of believing that mod. cons. and expensive luxuries make for happiness, for these people who work surprisingly long hours and have few labour saving devices appear much happier than the average European.

GARDENING NOTESGood Health from Good Gardening

Gardens and farms form the broad back of health for a state, as good live food comes from healthy soil, stock and vegetables. This means a farmer or gardener who loves his soil and plants should do the best he has learnt for them. The people who eat the food from farms and gardens like this, are healthy and bright they do not suffer from lack of good bones or good blood. So come on gardeners, see your gardens have plenty of active earth worms, this is a sign of good soil, so you will be able to grow live food for your families.

Chemicals kill the earthworms, the soil gets dried out and blows away. Nature hates bare patches, so she does her best to cover the earth with growth. So rain does not run off with the top soil and winds can't blow it away.

We only have a bare 4 to 6 inches of top soil to grow our food in, we must look after it, this is our only wealth really, as without food we wouldn't do much good, and if we mine our farms and gardens we destroy our only real asset.

At this time of the year fruits of all kinds are readily available at moderate prices, everyone should take advantage of this as fruit is essential in the diet for the elimination of toxins, poisonous acids and impurities.

The value of a fruit diet cannot be overestimated especially in sickness. Germs cannot grow and live in fruit juices. A fruit diet will disinfect the stomach and alimentary canal. Fresh fruits are more effective for this purpose than stewed fruits.

Citric, malic, tartaric acids are powerful germicides found in fruits.

It is better to use fruits uncooked and sweetened with honey NOT cane sugar, when necessary.

Fruit is an ideal food, it develops more slowly than other products, receiving the beneficial effects of sunlight, rain and air.

Harmful Foods and Additives Common to our Diet

Baking Powder - Destroys lining of stomach and soda decreases pancreatic juices. Try substituting yeast, however full rising is inhibited.

Common Salt - Should be used sparingly, it contains chloride of sodium, an inorganic mineral unusable by any cell of the body - it irritates the stomach, blood stream, is indigestible and hinders digestion of other foods. Natural sodium salts are found in fruits and vegetables such as tomatoes, asparagus, celery, spinach, kale, radishes etc.

Although these two are commonly used the ill-effects are not known by most persons, these additives can and should be avoided for your health's sake.

CLASSIFIEDS Continued

FOR SALE 1963 Holden Stn Sedan, Priced to sell. Phone 10 St. Marys.

WANTED TO BUY - Old fashioned mantle clock must be in going order. Phone St. Marys 71

HONEY - THE HEALTH FOOD. Available in 2 litre (7 lb), 4 litre (14 lb), and 5 lb. tins. Gilbert G. Gillies, Gray Road, St. Marys.

FOR SALE - One blue XSSW 'Neat N' Trim cullotte uniform (never worn) \$7.00 Apply Pat Curry, phone St. Marys 102

WANTED - Second hand baby's cot with or without mattress, preferably iron. Bicheno 751227 or write Suzanne Ware, Old P.O. Cottage, Seymour, via St. Marys.

WANTED - People interested in attending a course on TAXIDERMY at the Launceston Technical College. Approx \$20.00 per year. Contact Peter or Bev Rubenach Todds Hall. phone St. Marys 201.

Here is a chance for duck shooters and hunters to learn to display their trophies.

TENNIS NOTES

On Saturday 1st March the finals of the St. Marys Tennis Tournament will be played on the St. Marys court, the matches will commence promptly at 10 a.m. Players are requested to be ready to play their respective matches immediately the preceding match has finished.

MIXED DOUBLES FINAL - 10a.m. Start

R. Jenkins; S. Naidoo V J. Wassens;
Y. Salter.

LADIES DOUBLES FINAL

J. Faulkner; M. Dawson V P. Trevena;
Y. Salter.

MENS DOUBLES FINAL

R. Jenkins; H. Trevena V J. Wassens;
P. Rubenach.

LADIES SINGLES FINAL

S. Naidoo V P. Trevena.

MENS SINGLES FINAL

R. Jenkins V J. Wassens.

Club members not participating in the finals, and who would be able to assist as umpires and linesmen are asked to contact the Club Captain, John Wassens at Todds Hall before Saturday. Junior boys or girls willing to act as ballboys for the singles finals for a small fee are also asked to contact the Club Captain.

Light refreshments and spectator facilities will be provided.
All Welcome.

HOME MADE BEER

Home brewed beer is cheaper (5c Bottle) healthier (No chemicals) and more enjoyable than commercial beer.

Try this recipe:

3 oz IXL hops
2lb Saunders Malt Extract
1 lb Sugar
1 Sachet beer yeast or Tandaco Bakers Yeast
(Pref. Beer)
1 Gall. Water.
1 Tsp. Gelatine.

Put hops in muslin bag and boil for 20 mins. in water, remove hops, add malt and sugar, stir, pour into plastic garbage bin or similar container and top up with 4 galls cold water, add yeast and cover. After 24 hrs add gelatine dissolved in a cup of water. After 9 days or when fermentation has ceased syphon off into 30 bottles (screw top lemonade or beer bottles if you have crown seals) ADDING ONE TEASPOON OF SUGAR TO EACH BOTTLE. Ready in 2 - 3 weeks. There will be slight sediment in the bottles so try to pour direct without back tipping.

Take care not to syphon sediment from bottom of garbage bin.

★ ★ ★ ★ ★ ★ ★ ★

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

★ ★ ★ ★ ★ ★ ★ ★

THE TASMANIAN ARTS COUNCIL IN ASSOCIATION

WITH

THE TASMANIAN THEATRE CO.,

PRESENTS

THE MAN

An Exciting Thriller by Mel Dinelli.

STARRING

MARION EDWARD
(Aunt Harriet in "Bellbird")

and

RUSSELL KIEFEL

COMMUNITY CENTRE HALL, ST. MARYS on Friday, 7th March, at 8 p.m.

Bookings obtainable from The Craft Shop, Todds Hall.

Adults \$3.00

Students & Pensioners \$1.50

STARPROBE

By Pegasus

Fortnight beginning February 28th.

ARIES March 21 - April 20

Accept or give an invitation.
It is a great time to make all
the social amenities and
gestures of friendliness.
Best days 1st, 7th & 10th.

TAURUS April 21 - May 20

An excellent time for fun with
friends and the family. Plan
ahead, especially shopping.
A fine time for romance.
Best days 3rd, 11th & 13th.

GEMINI May 21 - June 20

The month opens with favorable
aspects. This influence gives
you glamour, mystery and
appeal. Plan a pleasant evening.
Best days 4th, 9th & 12th.

CANCER June 21 - July 22

An interview or meeting with
an important person can work
out to progress for you.
Enjoy talking over the past.
Best days 1st, 6th & 9th.

LEO July 23 - August 22

By abiding getting emotionally
involved in today's events,
you will save a lot of wear
and tear on your nerves.
Best days 2nd, 6th & 8th.

VIRGO Aug. 23 - Sept. 22

Extra work will consist of cor-
recting mistakes of the past.
Such an error could have been
in dealing with a person.
Best days 5th, 6th & 9th.

LIBRA Sept. 23 - Oct. 22

You can get along better with
those you work with. It will
improve matters all around.
Avoid all forms of gossip.
Best days 1st, 7th & 13th.

SCORPIO Oct. 23 - Nov. 22

Take advantage of friendly
help. This is your last chance
to get this type of co-
operation for some time.
Best days 2nd, 7th & 8th.

SAGITTARIUS Nov. 23 - Dec. 21

Stay in or go out - the choice
is yours. But either place,
take things easy; relax,
enjoy the pace.
Best days 1st, 2nd & 5th.

CAPRICORN Dec. 22 - Jan. 19

A social demand may not be
very desirable to you. Evaluate
the situation before you say
no. Good time for a trip.
Best days 2nd, 10th & 13th.

AQUARIUS Jan. 20 - Feb. 18

Go easy in money matters,
and curb the spending of your
associates or their pushing
you to be extravagant.
Best days 3rd, 8th & 9th.

PISCES Feb. 19 - March 20

Attend to household and bus-
iness needs promptly ad-
de lays spoil your reputation.
Luck is with you now.
Best days 7th, 11th & 12th.

VALEY VOICE - PUBLICATIONS

FOR ALL YOUR DUPLICATING REQUIREMENTS!

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 4 - 14 \$1.25

PH 761175

ST MARYS BUTCHERY

WE DON'T KEEP THE BEST.....

WE SELL IT!!!

PH 76