

THE VALLEY & EAST COAST VOICE

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Theatre Review : "THE MAN"

"Thoroughly enjoyable".

"Fantastic".

"Best we've ever seen".

These were just some of the many comments heard after the very excellent play "The Man" presented by the Tasmanian Arts Council in conjunction with The Tasmanian Theatre Company.

Played entirely in the round the audience formed the walls of a living room in which a most thrilling drama was played. Russell Kiefel playing a psychopathic young man was brilliant and it was hard to believe that he wasn't really a bit strange. Marion Edward (Aunt Harriet in Bellbird) played the lady of the house, terrorised by the young man she had befriended and to whom she had offered a job.

The play was full of subtle swings of character and timing. Most professional in lighting and set arrangement the Tasmanian Theatre Company is to be commended for providing a most enjoyable evening, highlighted by a most gripping twist at the end.

We certainly hope that we will see many more plays of the standard of "The Man" the next show to play in St. Marys will be the Lorrae Desmond Show entitled "A Little Bit of What You Fancy", I'm sure that this will be a most enjoyable evening and I personally wouldn't miss it.

TALKING POINT

In these days of constant change, the relative importance of education has not changed, what has changed is the attitudes of those whose responsibility it is to see that our children are given the fundamental requirements necessary to achieve a happy and fulfilling life.

Education is presently going through great changes all over the world, and it is of great interest to parents to see the outcome of many of the experimental

schooling situations that have been created. It is time that the old order of "it was good enough for me, it will be good enough for my children" should end. We only have to look at the current state of the Western world to realise somewhere along the line we have missed some important aspect in our experience and education.

Krishnamurti writes, "it is constant inquiry, true dissatisfaction, that brings creative intelligence, but to keep inquiry awake is extremely arduous, and most people do not want their children to have this kind of intelligence, for it is very uncomfortable to live with someone who is constantly questioning accepted values", and again "An educator is not merely a giver of information; he is one who points the way to wisdom and truth. Truth is far more important than the teacher". "If the educator is to help the student to examine and understand the values that surround him and of which he is a part, must he not be aware of them himself? If one is blind, can one help others to cross to the other shore".

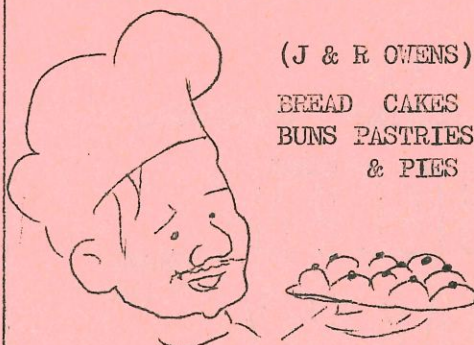
Nowhere in the education world can one be taught to discover fundamental attributes that guide a human being on his own course, nor is any school geared to help an individual discover his personal law and function, fitting with his individual capacity and inclination ... somewhere along the "evolution" of our educational

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ST. MARYS BAKERY

(J & R OWENS)

BREAD CAKES
BUNS PASTRIES
& PIES



WHOLESALE AND RETAIL

TALKING POINT ... Continued.

values, man has forgotten that he is born with a birthright.

It takes courage to look seriously at the world situation and challenge many of the institutions who seemingly have set themselves up on a pedestal of untouchability, we need to seriously question many facets of the upbringing of our children to give them the very best chance to develop naturally.

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, 1975, at 7.30 pm.

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 Association 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.

BP

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Bus Orders Taken.

ST HELENS BAKERY

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CLASSIFIEDS

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

FOR SALE Red laminex and chrome kitchen table and 4 chairs \$30.00. Buffet figured, 3 draws. First to see will buy \$30.00. J. Lehner Groom St, St. Marys.

ALL DRESSMAKING expertly carried out Prompt service, satisfaction guaranteed. GLAMOUR GOWNS, upstairs, Shaw's Arcade Launceston. Ph 25170. Open Sat. Morn.

WANTED TO BUY 24 sheets 7' used galvanised iron or 8" and 6". Frankcombe. Scamander, 725161.

If you REALLY want to Control dandruff - DANGARD - \$2.20 and \$3.35 at St. Marys Pharmacy.

FOR SALE - 1 single wardrobe \$10.00 ONO. 2 Dining chairs \$5.00 - suit shack. Frankcombe. Scamander, 725161.

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

FOR SALE - Two small trailer wheels complete, near new tyres and two spare tyres Also young cockerels. Marge Oliver, Groom Street, St. Marys.

See the range of HOBBI-DOE SLIPPERS and SANDALS at ST. MARYS PHARMACY.

FOR SALE - 1 Wringer Type washing machine in perfect order. \$50.00. Apply Mrs Noel Hawkins, Avoca 7213

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

WANTED TO SELL - Vulcan stove with glass door oven, and saucepan cupboard. V.G. condition. J. Smith, Falmouth.

FOR SALE - Large Antique Wardrobe and oddments. Phone 72 5135.

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

WANTED TO BUY - Any second hand canvas enough to make a cow rug from. Frances Coghlan C/- Valley Voice P.O. 100 St. Marys.

PIFFLE

Mr. and Mrs. Garry O'Toole of Ulverstone are presently staying with Mr. and Mrs. Keith Johnson and family at Fingal.

Mrs. Basil Lehner of St. Marys is in hospital in Launceston her many friends wish her well.

Congratulations to Ann Maree and Dean Blunt of St. Helens on the safe arrival of a son at the Q.V.H. on March 4th Anthony Deane are the names chosen and he is a brother for Annette and Melinda.

Dr. and Mrs. Cheung have returned to St. Helens after their holiday in Hong Kong.

Mr. J. Walker of Riverside had an enjoyable long weekend at Falmouth.

RETURN THANKS

Mavis and Geoff Brookes, Mathina would like to thank everyone for cards and gifts on the occasion of the birth of our daughter Teresa Maree.

PORTLAND COUNCIL NOTES

The Council has been told they are to get \$10,000 (ten thousand) for roads in the Municipality. A start is to be made on the Anson's Bay Road, starting from the Anson's Bay end.

TOUCHE!!!

Golfers Confessions

One leading golfer on local committee arrives one week too early for a Golf Meeting. Any spare 1975 Calendars to be left at Police Station.

Another is thinking he should take out higher insurance premiums to cover dented motor vehicles and broken lounge room windows.

I believe these two gents are quite well known to the community and live somewhere in same vicinity.

WHAT'S ON ... Continued

Youth Club for children in Grades 4, 5, 6, and 7 will commence this Friday, 14th March, at Methodist Hall from 7 to 8.30 pm.

Young people in Grades 8, 9 and 10 interested in a Youth Club are asked to attend a meeting in the parsonage on Friday 21st March at 7.00 pm parents of interested children are also invited to attend.

WHATSON

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A meeting will be held on Monday 14th April to establish a sub-branch of the Tasmanian Arts Council in St. Marys. The sub-branch would ensure a constant supply of good quality shows and plays in St. Marys.

St. Marys Tennis Club. Meeting Monday 17th March, 7.30 pm at the Tea Shop. All members requested to attend.

Cent Evening 19th March, 7.30 pm for the Heart Foundation. Ladies a basket. Gift to 50c.

Thrift Shop Roster:

Mar. 14 - Shop closed because of Hospital Fair.

Mar 21 - Mesdames Camplin & Birrell.

Mar. 28 - Good Friday, shop closed.

We now have a few good school uniforms.

Indoor Bowls.

Friday Mar. 14th, 7.30 pm.

CORNWALL HALL. Good nights entertainment for 20 cents.

HOSPITAL FETE - ST. MARYS.

MARCH 14 MEMORIAL HALL
2 pm.

Stalls. Raffles. Afternoon Tea.

Come and see the wonderful handmade QUILT. Double bed size. Lent by Mr. M. Oliver Mangana, exhibition only.

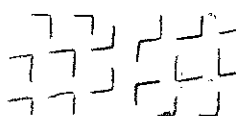
Tasmanian Christian Convention is to hold a convention in St. Helens Memorial Hall from Thurs. April 24 to Sunday 27

Golf Day opening at Bicheno. The Golf season will open at Bicheno on March 18 starting at 10.30 am.

Bicheno Golf Club are holding a day for the Ambulance. March 22.

Pacific Area Travel Ass. is travelling round Tasmania, they will spend the night Sat. 15 March at Bicheno and on Sunday morning tea at St. Helens Hotel-Motel, lunch at Scotsdale and leave by air Sunday evening. There are 22 in the party.

Heart Foundation. Morning tea on March 20 at Fingal Pres. Hall, Trade table, 10 am.



FROM THE PARSONAGE

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CHURCH NOTICES

ANGELICAN PARISH OF AVOCA/FINGAL/CULLENSWOOD

An old Chinese story tells of a King who used to spend hours in his dress uniform parading before a mirror in his room. He would remain secluded in his palace, admiring himself, while his subjects starved to death and his Kingdom went to ruin.

One night a wise old member of the King's court gathered a group of palace attendants, and while the king slept, cut a window in the wall where the King's mirror had hung.

The next morning, when the King dressed himself in his uniform and sparkling medals, he walked to where the mirror had been and saw to his amazement the unending procession of his people passing on the street. He saw starving children reaching into garbage cans for crusts. He saw sick and injured men and women and sufferings and sorrows that he had not known existed.

He tore off his medals, called for simple clothes, and went out to mingle with the people. He found among them a beautiful girl whom he made his Queen. His whole outlook on life changed when he stopped looking into a mirror at only himself.

ST. MARYS

Sunday 16 Mrs. Britton
Monday 17 Betty Alomes
Tuesday 18 Barber Aarden
Wednesday 19 Jean Schier
Thursday 20 Ruth Owens
Sunday 23 Bob Cook
Monday 24 Marge Oliver
Tuesday 25 Mrs. Thorold
Wednesday 26 Vicki Barr
Thursday 27 Jean Lohrey

Fingal

Sunday 16 Mr. A. Oliver
Monday 17 Mrs. T. Juhasz
Tuesday 18 Mrs. E. Barnes
Wednesday 19 Mrs. D. Parker
Thursday 20 Miss C. Turner
Sunday 23 Mrs. R. McGee
Monday 24 Mrs. E. Tapp
Tuesday 25 Reverend Hendricks
Wednesday 26 Mrs. Lance Parker
Thursday 27 Mrs. A. Miller

Portland

Monday 17 Golf Ladies
Tuesday 18 G. MacMicheal
Wednesday 19 S. O'Neill
Thursday 20 E. Pysh
Friday 21 G.F.W.A.
Monday 24 B. Campbell
Tuesday 25 M. Burns
Wednesday 26 A. Burt
Thursday 27 Pre-School
Friday 28 L. Williams

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Sunday 16th

Fingal 8 am H.C.
Avoca 9.30 am H.C.
Cullenswood 11.30am
Harvest and Patronal Festivals of Christ Church, Cullenswood : M.P.
Guest Preacher Bishop H. Jerrim.
Followed by Barbecue in "the Cullenswood House" gardens. Bring Your own lunch.
All Welcome

Rossarden 4 pm F.S. & Bapts.

Wednesday 19th

Rossarden 7 pm H. C.

Sunday 23rd

Avoca 12Noon Harvest Festival at "Roc House", Royal George. Followed by Auction of gifts. Bring own lunch.
All Welcome

St. Marys 4 pm Family Service and baptism.

Fingal Harvest Festival 7 pm E.P.

Wednesday 25th

Mathinna 7 pm H. C.

Thursday 27th

Fingal 7 pm H. C.

METHODIST PARISH OF ST. MARYS & ST. HELENS

Sunday 16th

St. Marys 11 am Past K. Dobson
St. Helens 7.30 pm Mr. R. W. Denny

March 23rd

St. Marys 11 am Pastor K. Dobson (Holy Communion)
St. Helens 7.30 pm Pastor K. Dobson (Holy Communion)

FASHION GLIMPSES

Noticed on Wednesday, a new fashion in Men's wear!! A well dressed gentleman attending a funeral with one brown shoe and one black shoe!
I wonder will this catch on!

Asked about the shrink resistant label on some socks, the young shop assistant hesitated, then replied "Sir, it means the socks do shrink, but they don't want to."

YOU AND THE LAW

St. Marys Police have received several complaints from local town folk complaining of the fact that children are becoming a nuisance and a hazard to pedestrians by riding their cycles on the footpath.

I am further informed that an elderly person was almost knocked down, in the street, the other day, by a boy riding his cycle along the footpath.

We have already spoken to several children, whom we have sighted riding their cycles on the footpath and we intend to give this matter our urgent attention with the view of putting a stop to this very dangerous practice, but I want to point out to parents that warnings will soon be replaced by prosecutions, for I do not intend to permit this practice to continue.

Cycles, are vehicles, in the sense of the word, and so are subject to our Traffic Laws, which prohibits the riding of a cycle on a footpath.

Usually the cycle is purchased by the parents for the child, in the first place, so surely the parents are under some obligations to ensure that the child is made aware of the rules of the road. It's in the interest of the child that parents should see that the child does not break the Law or become a nuisance to other users of our public streets.

We do not wish, that any child should be prosecuted, for failure to comply with the reasonable rules set down in the use of cycles, but unless parents adopt a responsible attitude towards the instruction and supervision of their children, in the use of cycles, prosecution seems to be the only answer.

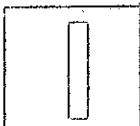
H.F. ALOMES
Inspector

FISHING NEWS

Scamander Angling Club held a surf contest during the long week-end when boisterous easterly weather made fishing almost impossible. However, events proved that "class" will beat the other side under these conditions as three veterans took the trophies. Vern Jones landed a 1½ lb bream in the surf to win first prize, Pat Reynolds and Jack Midson were second and third with small cocky salmon. Next contest will be held on Good Friday at Wrinklers from 3 to 9 pm. On April 6 th an inter-club contest will be held between St. Helens and Scamander at the Gardens from 2 to 7 pm. and all members of both clubs are urged to attend.

At long last, tuna are running off St. Helens. Last Sunday, Club President Neil Suter and party boated 20 albacore and 14 striped tuna. No doubt his clients will have heard of this by now. Club Vice-President, Bob Breen advises that he caught a total of 22 tuna last week. The The Tuna Club of Tasmania contest held at Eaglehawk Neck over the long weekend was a "blow out" and very few fish were caught. The hard luck story of the week was told by a well known St. Helens identity who hooked a big Bluefin when fishing from the "Maybe". He played it for 20 minutes when the line broke. This, of course, is not so very uncommon, but on this occasion, the angler was one who is closely concerned with the sale of fishing gear. There was one other story reported - Tom Tucker had two doctors fishing from "Maybe" when one was overcome by sea-sickness. Tom was heard to remark "that it is a wonder that the medical profession have not discovered a cure for this". Next Rally Day to be held by St. Helens Game Fishing Club is on Sunday 23rd March and this will be followed by an inter-club contest on Easter Saturday and Sunday.

Stop press : Since writing the above, it is reported that "Maybe" and "Miss Behave" charter parties boated 66 tuna last Monday.

MUNICIPAL ELECTIONS
VOTE 
FOR
TAYLOR JACK FRANK
OF SCAMANDER
FOR SOUTH WARD
PORTLAND MUNICIPALITY

BASKETBALL NOTES

The St. Helens Basketball Association commenced their 1975 season on March 5th with the playing of 3 games. All games were very close, pointing to a most interesting season.

The Reds defeated the Pacemakers, after the Pacemakers lead for most of the game. The final score:- Red 19 Pacemakers 18
Points: Reds, L. Sulzburger 7, G. Gray 6, S. Richards, J. Chapple and S. Riley 2.
Pacemakers, C. Bowlings and K. Mock 8, B. Riley 2.

The All Blacks defeated the Bombers after an interested game.

The final score:- 15 points to 13.
Points: All blacks, M. Blair 7, S. Baily and T. Treloggen 4.

Bombers, S. Richards 7, K. Blair, G. Mountney and Ismet 2.

The Villans and Bluebirds played a low scoring but interesting game with the Bluebirds winning by 8 points to 6.

Points: D. Krushka 4, D. Coleman and C. Spencer 2.

The election of officers and committee was held between matches. More men are required to organise a successful mens competition. Any men that are interested in playing, please contact K. Blair, M. Blair or M. Gray.

TENNIS NOTES

Saturday 1st March saw the culmination of a very successful Tennis tournament held by the St. Marys Tennis Club. The days tennis was of a very high standard and ended with a five set thriller between Ross Jenkins and John Wassens with Ross holding out over his younger opponent. The ladies singles was won by P. Trevena in a thrilling match which produced some of the best rallies of the day.

Tournament results:

Mixed doubles: R. Jenkins and S. Naidoo d J. Wassens and Y. Salter. 6-4, 6-3.

Ladies doubles: P. Trevena, Y. Salter d J. Faulkner, M. Dawson 6-3, 6-4.

Mens Doubles: J. Wassens, P. Rubenach d R. Jenkins, E. Trevena 6-4, 6-4, 4-6, 6-1.

Ladies singles; P. Trevena d S. Naidoo 6-4, 4-6, 8-6.

Mens Singles: R. Jenkins d J. Wassens 2-6, 6-4, 4-6, 6-2, 6-4.

Special thanks to all competitors and especially to Keith Cook and Kevin Faulkner for an excellent job of umpiring all matches.

The childrens Saturday morning Tennis should commence soon watch the Valley Voice for details.

All members are requested to attend the meeting scheduled for Monday 17th March at 7.30 pm in the Tea House Todd's Hall.

Earthworms ought to be cherished by gardeners if you have lots of earthworms your soil is in good heart, moist, friable and the plants love it, the soil must feed the bacteria which in turn feed the plant, thus increasing health all round. Also the earthworm aerates the soil so it does not pack down, and makes the garden water logged. If you live where there is quite a bit of clay, do not try to dig it, let the worms do that, put your kitchen refuse peelings, tea leaves, sweeping up dust etc. onto that place and cover with old hay or anything like hay and leave over winter, in spring the ground should be ready to plant out, being worked up by the worms. If you live on the coast where the soil is sandy, nothing is so good as old or spoiled hay. Spread all over the garden. Winter rains will soon start to turn it brown, so it won't show up as untidy and the worms will work well also as an added bonus the weeds will be smothered. If any poke through, they are usually feeble and easily pulled out, lay them on top of the hay they add to the goodness. After 2 or 3 years of this treatment the soil will be lovely and brown, and will grow vegetables and flowers much more healthy so that pests do not worry you so much. Also your own health will be much improved. Feed the soil, the soil feeds the plants, the plants feed you in this way is good health, and we recycle many things which would otherwise be wasted.

Another really good thing for the garden, especially for us in the St. Marys area, is seaweed. When you go to the beach next time load up the back of the car, and then throw it on the compost heap, its full of minerals and elements which are not so available in the soil, it can also make a wonderful liquid manure, just put a few lengths of kelp in a drum (kero size) of water and leave it for about one month then dilute it with water 50/50 and water plants you think could do with a boost. If you make the liquid manure best to wash the salt off first, just spray it with the hose for a few minutes.

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LETS LAUGHThe Perfect Answer!

Which WEIGHS more? A SCREAM OR A BAG OF POTATOES..... Why!

Before Thanksgiving a first grade teacher asked her pupils what they had to be thankful for. Replied small boy, "I'm thankful that I am not a Turkey!"

This exciting story of two opportunities which came to a man who was ready and able to make the most of them comes from old newspaper cuttings, supplemented by letters from relatives of the Legge family of "Cullenswood House".

Robert Legge had married Elizabeth La Penotiere, whose father, Lieut. John Richard La Penotiere happened as a young man to be on a ship with Lord Collingwood when a wrong order was given to the helmsman. Had it been carried out the ship would have been wrecked however this young man countermanded the order and saved the day; then Collingwood promised La Penotiere he would do him a good turn when the opportunity occurred. After the battle of Trafalgar in 1805 Collingwood sent for La Penotiere who was then a young Lieutenant and entrusted him with the dispatches announcing the battle, the victory, and the death of Nelson. He was told he would receive 500 guineas, and his commander's commission on arrival. The schooner 'Pickle' commanded by La Penotiere was being hurried to England when they met the 'Nautilus' (Captain Sykes), on its way out to join the fleet to whom the important news was conveyed, whereupon the ambitious Captain decided to race the little 'Pickle' home and take the news to H.Q. himself. Lieutenant La Penotiere crowded all sails upon his little schooner out of whose portholes you could wash your hands in the sea, managing to reach Falmouth just ahead of Sykes. He then promised his postillions 10/- a head if they raced the Express coach just behind. After covering the 225 miles to London with 19 changes of horses our hero was in the lead as he alighted at Admiralty House, but alas the porters were asleep and Sykes caught up so they entered together. Sykes immediately began to tell of the great naval victory when La Penotiere interrupted to say he was the true bearer of the dispatches, after which Sykes was reprimanded for bringing 'Nautilus' back without orders, and told to join the fleet without delay. 'Pickle', a good sea boat if properly handled was lost the first voyage she took after her spirited commander left her. For bringing home the dispatches Lloyds Patriotic Fund presented La Penotiere with a sword of honour valued at 100 guineas, which is now in Greenwich Naval Museum among other mementoes of Trafalgar and Nelson. Mrs. Cranstoun, a granddaughter of the Captain gave the Hobart Museum a coal scuttle made from brass taken from the 'Victory'.

Just Yarnin' Cont.

Nelson's flagship, and also a broach containing a gray-brown lock of Nelsons hair among other valuable heirlooms.

★ ★ ★ ★ ★ ★ ★ ★

HERBAL TEA

Tired of ordinary tea! Try this for a healthy change!

An ancient monk scripted, "Why should a man die of old age when he has sage growing in the garden". Sage Tea is a fine pick-me-up, and soothing to highly strung people.

Sage Tea

$\frac{1}{2}$ oz fresh sage leaves
between one pint and one quart of
boiling water
honey or 1 Oz sugar
lemon juice.

Bruise leaves, pour over boiling water. Stand for approx. 5 mins. Add lemon juice/honey. Do not add milk.

Peppermint Tea

One herb I would not like to be without is peppermint. If one gets chilled or feels a cold or virus coming on, both can be warded off with cups of peppermint tea. I cannot claim to cure these pests but the soothing drinks do make me feel better.

Take a handful of fresh or a good spoonfull of dried peppermint, place in vessel, pour on boiling water and steep. Drink as is or add honey or sugar to taste. As peppermint is palatable it can be made stronger than most herb teas, and as medicine, the stronger the better. As with most herbs, use $\frac{1}{2}$ oz to 1 pint boiling water, cover and steep for approx. 10 mins.

Dandelion Coffee

First dig up roots of two year old plants. Scrub clean and gently roast in oven until a rich dark brown colour taking care not to allow roots to scorch or burn.

To make coffee place roots in vessel - earthen ware is best. Pour on boiling water, steep or simmer until required strength.

★ ★ ★ ★ ★ ★ ★ ★

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 THAT YOUR
COSMETIC PURCHASES THERE
HELP LOCAL EMPLOYMENT.

Bicheno Flower Show

On March 1st the Bicheno Garden Club staged its first show. It was a great success. They had 70 sections and numerous exhibitions, local art, weaving, spinning, shells and shell work, also palm reading which was very interesting, and of course afternoon tea. Also a very good raffle. The winners of the flower enteries were:-

Mrs. C. Grey, 11 firsts, 8 seconds.
Mrs. Elsie H ghes, 7 firsts, 6 seconds.
and Junior winner was Christine Hughes with 7 firsts and 2 seconds. The winners of the raffle were:-
1 Katrine Gamble, 2 E. Sweet, 3 M. Lehner.
The Show took about \$115.00 and perhaps will be an annual event.

St. Helens Hospital Opening

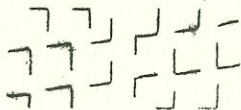
The Hospital and Fair opening was performed by the Minister for Health, Mr. Farquhar last Saturday. A large crowd turned up and the stalls did a good trade. \$600.00 was taken.

Cooking Section

Tasty Vegetable Cakes.

1 small onion, 450 gr. pumpkin, 2 carrots, 2 parsnips, 2 large potatoes, 1 cup peas, 225 gr. beans, $\frac{1}{4}$ cauliflower, 1 egg, little dripping, breadcrumbs.

Chop vegetables and place in saucepan with enough water to cover, add salt to taste. Bring to boil and simmer till cooked. Drain then mash vegetables with beaten egg. Roll into balls, coat with breadcrumbs and fry in hot dripping till golden brown on both sides. Drain on paper and serve sprinkled with parsley.



HEALTH NOTES

The following article is an extract from a book written by William Longgood, 1970 "The Poisons in Your Food".

Dr. McCarrison puzzled over why the Hunzas should have enjoyed health so superior to that of their dyspeptic neighbors. The only difference he could find was in their diet. The Hunzas practiced a Spartan form of agriculture, returning all organic matter to the soil. Their food consisted chiefly of whole grains, raw fruits, vegetables, milk products from goats, and occasionally a small portion of meat. Neighboring villages were addicted to white man's foods.

To test his theory that foods made the difference, Dr. McCarrison began his historic feeding experiments.

Some rats were fed the identical diet of the Hunzas, while other rats were fed the food of less healthy Indian people. The results startled even Dr. McCarrison. In every case, the average health standard of the people whose diet was fed to the rats was mirrored in the health of the animals, including the percentage of specific diseases, and even mental condition and temper.

The rats that ate the diet of the Hunzas had the same astonishing health, vitality and gentle tempers; the animals grew rapidly, were never ill, had healthy offspring, and autopsy (at the age equivalent of fifty in a man) revealed virtually nothing wrong with their organs.

Sunflower Seeds are Full of Goodness!!

Just as the sunflower stands tallest among other flowers and crops, so does the sunflower seed figuratively tower above other foods as being the closest thing to all-round food from one natural source. They are incredibly high in mineral and vitamin content.

"BERRY'S ELECTRICAL SERVICE"

BINGALONG BAY (OPP. TENNIS COURTS)

MOTORISTS:

REPAIRS AND ADJUSTMENTS TO VEHICLE GENERATORS - ALTERNATORS -
STARTER MOTORS - REGULATORS - TRANSISTOR IGNITION SYSTEMS -
MAGNETOS.

HOBBYISTS:

ELECTRONIC COMPONENTS WILL BE STOCKED DEPENDING ON DEMAND.
(RESISTORS, CAPACITORS, VALVES, TRANSISTORS.) A VALVE
TESTER IS AVAILABLE FOR CHECKING YOUR TV VALVES. CATALOGUES
AVAILABLE FOR YOU TO ORDER THOSE "HARD TO GET" ITEMS.
LIMITED FREE TECHNICAL ADVICE FOR THOSE ENGAGED IN ELECTRONIC
PROJECTS.