

THE VALLEY & EAST COAST VOICE

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MEDIBANK

Blight or blessing? This depends not only on your political views but on your locality as well.

Australians generally are evenly divided on the matter, much in line with political divisions. Few have bothered themselves with the finer detail and have classified it either as a welcome extension of welfare benefits or another costly socialist intrusion on the Australian way of life.

Extended welfare benefits becomes a matter of robbing Peter to pay Paul. Benefits to one are added taxes to another with the extra burden of an enlarged Public Service bureaucracy in the middle. One often hears producers and socialists, among others bleating about the middle man. There is a most expensive middle man, no doubt for every \$1 in benefits paid we will pay \$2 in taxes. As for being "free", we will be paying in taxes about the same as paid in contributions to private health insurance funds before.

The problem is that we will get less cover. Private hospital fees of up to \$60 per day will attract only \$16 per day refund from Medibank. This means that without extra private insurance private hospital patients could face extra costs of up to \$300 per week.

On the other hand, the private health insurance funds are quick to point out the deficiencies of Medibank, but are

most reluctant to provide that cover now needed. Who needs insurance for spare legs or glass eyes? What should be provided is simple hospital insurance at a reasonable price. But this does not appear to be forthcoming. Maybe non-acceptance of the "new deal" offered by these firms will see them bow to people's wishes.

But all is not gloom. Locally we stand to gain considerably. It appears that benevolent Medibank will pay the costs of a District Medical Officer. Previously this would have been a rate burden on all, particularly pensioners who would not normally have paid for medical attention. A D.M.O. has been promised for Fingal. With the departure of the private practitioner from St. Marys surely this is the time for a D.M.O. at St. Marys, as well.

If that proves to be the case, Medibank will be a blessing indeed.

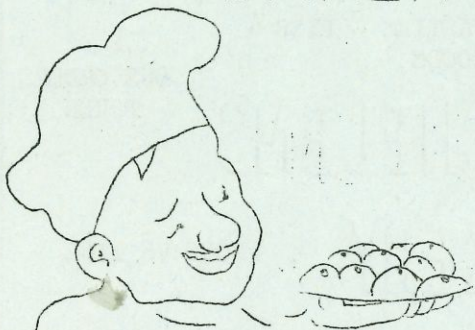
ANOTHER OPINION....

Medibank is an unknown quantity to most of us, however to the average working man it is certain to be a welcome relief from the vice-like oppression of rising costs, particularly in the field of health care. The constant pressure of keeping up health insurance contributions will no longer hang ominously over the heads of those less "fortunate" persons who are battling to feed their families let alone fix them.

It is uncertain how taxes will be affected but one thing is certain, we have to pay taxes for any social benefits and it seems unfair that one section of the community receives special attention whilst the poorer side suffers, the load will be unevenly distributed, with people contributing according to their earning capacity. Surely this is the fairest way?

Valley Voice welcomes your opinion on Medibank (in 100 words or less) please include name and address if it is to be printed. Ed.

ST MARYS
BAKERY



NOTICES

Dr. Cheung has moved into his new residence in Atlas Drive, and therefore can only be contacted on Phone 761176 during surgery hours. His Phone number outside surgery hours is 761359. If this number does not answer, ring the hospital. Phone 761222.

I sincerely hope the law-abiding person who hit my car this week in St. Marys feels much better about it than I do. Everyone loves a hit and run driver!

Mrs. Ruth McGiveron.

FAREWELL

We wish to farewell everyone we know in St. Mary's particularly those friends (including the kids) we were unable to see personally. We will carry with us many warm memories.

Charles, Jenny, Rafael and
Daniel Muggeridge.

THANKS

I would like to thank Dr John and the Matron and staff of St. Mary's Hospital for their care and kindness, also Jenny Targett and others who helped to get me to hospital, and to those who visited me and sent me get well cards and those who enquired at my home after me.

thanking you,
W.T. Lohrey

Henry and Pauline Trevena and family wish to thank their many kind friends for their kind farewell gestures and good wishes upon their leaving St. Mary's to take up residence in Longford. A Special thanks to Mr Ted Hayes.

Mrs Charles Semmens wishes to thank Doctor, Hospital staff, friends, bowls and golf associates, for cards, letters, flowers, gifts and personal inquiries while she was in hospital in St. Mary's. All was much appreciated.

Thank you all sincerely
K. Semmens

CLASSIFIEDS

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

WANTED - Two single book end beds.
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ALL DRESSMAKING expertly carried out. Prompt service, satisfaction guaranteed. GLAMOUR GOWNS, upstairs, Shaw's Arcade Launceston. Ph. 25170. Open Sat. Morn.

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J. Schier, Phone 72 5272.

WANTED TO BUY - 1 set chrome bunks.
Mrs. J. Ferrier, phone 72 5133

WANTED - Acreage of bushland, near to the sea. R. Sutton, C/- P.O. St. Marys.

CLEARANCE

Watch our Sale bin for bargains.....

Goods placed here will be marked down by 25% each week for 4 weeks....

If not sold then, they will be given to Charity....

Extra goods added daily....

Watch the Sale bin and be early!!!

Sale lines cash only and no returns...

Fitting room available for clothing lines

Note: Any Charitable or Community organisations interested in taking remaining stock left from Sale please contact us before end of June.

B & J SPILSBURY

BP

SERVICE STATION

24 HOUR TOWING SERVICE

AGENTS: Victa Mowers and Chain Saws

PHONE ST. MARYS 63

SEE BRUCE FOR THE GOOD JUICE

WEDDING AND BIRTHDAY CAKES ICED



CAKES PASTIES
SMALL GOODS

PIES

BUS ORDERS
TAKEN

ST HELENS

BAKERY

PHONE 76 1162

PIFFLE

Mr & Mrs Stephen Linton and daughter Melissa of Hobart have been spending their holidays with Stephen's parents Mr & Mrs Eric Linton of St. Helens.

Lorraine Sweeney of St. Thomas More school is spending the school holidays with her parents at Mangana.

Mrs Burt and family of Mangana are caravanning at Scamander for the school holidays.

Mrs Fred Yates of Longford spent the weekend with her mother Mrs Pat Ward of Mangana.

Rev/ C. H. Thomas of St. Helens is away on holiday. Rev Roy Ezzy is taking on his duties while he is away.

Receiving congratulations on the safe arrival of a daughter on May 31st at St. Helens Hospital is David and Marianne Stone of St. Helens. Sallianne Louise are the names chosen.

Also receiving congratulations on the birth of a daughter at St. Helens Hospital on June 1st is Jim and Kathy Larby of St. Helens.

SILVER THREADS CLUB ST. MARY'S

On Thursday the 15th May members of the Silver Threads club were invited to a dinner at St. Helens by the St. Helens senior Citizens.

Approximately 30 accepted the invitation and cars left St. Mary's soon after 11 a.m. and travelled to St. Helens where they were welcomed by Mr Oliver Rattray and the members of the Club.

After dinner, the afternoon was spent in playing cards and getting to know one another. Afternoon tea was served by the St. Helens ladies, and the St. Mary's party then travelled home again, having had a wonderful afternoon.

A prize for the lucky chair was won by Miss Linda King of St. Mary's and a competition held during the afternoon was won by Miss Elsie Targett of St. Mary's. The Committee of the Silver Threads Club wishes to thank all those who supplied transport for the trip.

L.H. Spilsbury (Sec)

Mrs J. McDonald and daughter Annette spent a week at Devonport where Mrs McDonald stayed with Mrs R. Barnfield whilst her husband was in Hobart for the Teachers Federation meeting. Along with Mr Barnfield, two other former St. Mary's High School headmasters were made life members of the Federation, they were Mr David Hunt and Mr Terry McCulloch. Annette stayed with her Aunt and Uncle Mr & Mrs G. Cameron of Oldaker Street.

WHATS ON

At St. Helens a C.W.A. stall will be held on June 6th

A street stall at Scamander Motel under the Pinetree, will be held on June 14th in aid of the Church building fund. Mrs Cedric Brown and Mrs Henry Aulich in charge. All donations gratefully accepted.

A get together with Mr & Mrs Ezzy will be held at the Parish Hall St. Helens about 2.30 June 10th. Mrs Ezzy will show some of her slides on the coronation at Tonga. Ladies a plate please.

There will be a Trash-Treasure auction and cake stall etc in aid of Catholic Building Fund in the Community Hall on Saturday evening 5th July. Watch for further details.

RED CROSS NOTES

Don't forget Monday 9th June the Blood bank will be at the Institute 7.30-9 p.m. New donors are urgently required. Come and give a pint.

The Annual meeting of the St. Mary's branch will be held in the Institute on Monday 7th July.

Please take an interest in the future of your ambulance service and come along to the meeting.

John Spilsbury (Hon. Sec)

GIRLS AND BOYS ALL AGES!

Cent afternoon followed by games. Treasure hunt and many more. Institute Friday 13th June at 2 p.m. 20 cent charge for all children at door covers all games. Please bring a small gift. All Mums are invited. Special events for adults. Chocolate wheel. In aid of R.S.L. fair

THRIFT SHOP ROSTER

June 6th	Mesdames Camplin & Birrell
June 13th	" R. Legge and M. Oliver
June 20th	" V. Oliver & C. Royle

Cornwall Golden Years Club 1.30 p.m. Wednesday 11th June.

Indoor bowls. Saturday nights 7.30 p.m. 20 cents a night.

PIFFLE CONT.

Former Avoca residents Mr & Mrs Geoff Cameron of Devonport became grandparents on Monday when their son Jim and his wife Colleen presented them with a baby girl, it is their first grandchild, and the first great grandchild for Mrs N. Pyke of Avoca.

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FROM THE PARSONAGE

A Time For Everything

Everything that happens in this world happens at the time God chooses. He sets the time for birth and the time for death; the time for planting and the time for pulling up. the time for killing and the time for healing; the time for tearing down and the time for building; He sets the time for sorrow and the time for joy; the time for mourning and the time for dancing; the time for having sex and the time for not having it; the time for kissing and the time for not kissing. He sets the time for finding and the time for losing; the time for saving and the time for throwing away; the time for tearing and the time for mending; the time for silence and the time for talk; He sets a time for love and the time for hate; the time for war and the time for peace.
(Ecclesiastes 3:1-8 TEV)

MEALS ON WHEELS ROSTERS

St.Mary's

Sunday 8 Gregg Tapp
Monday 9 Maisie Royle
Tuesday 10 Clare Bean
Wednesday 11 Dorothy De Vries
Thursday 12 Suzie Loane
Sunday 15 Allan Jackson
Monday 16 Jes Cornelius
Tuesday 17 Alf Faulkner
Wednesday 18 Pearl Davern
Thursday 19 Kevin Dobson

FINGAL

Sunday 8 Mr R. Yates
Monday 9 Mrs B. Death
Tuesday 10 Mrs A. Watson
Wednesday 11 Mrs T. Juhasz
Thursday 12 Mrs O. Saunders
Sunday 15 Mr L. Parker
Monday 16 Mrs A. McKenzie
Tuesday 17 Mrs Burbury
Wednesday 18 Mrs H. Williams
Thursday 19 Mr B. Saunders

PORTLAND

Monday 9 N.Chapple
Tuesday 10 R. Veale
Wednesday 11 B. Bailey
Thursday 12 D. Hutchinson
Friday 13 N. Ashworth

CHURCH NOTICES

ANGLICAN PARISH OF AVOCA/FINGAL/CULLENSWOOD

Sunday 8th June

Mangana 8 a.m. Holy Communion
Fingal 10 a.m. Family Service
Cornwall 4.30 p.m. Holy Communion
St.Mary's 7 p.m. Holy Communion

Sunday 15th June

Fingal 8 a.m. Holy Communion
Cullenswood 10 a.m. Morning Prayer
Avoca 3 p.m. Evening Prayer
Royal George 5 p.m. Holy Communion

CATHOLIC PARISH OF ST.MARY'S

Sunday June 8th

St.Mary's 9 a.m.
Fingal 10.30 a.m.
St.Helens 6.30 p.m. (Sat. 7th)

SUNDAY JUNE 15th

St.Mary's 9 a.m.
Fingal 10.30 a.m.
Bicheno 4 p.m.
St.Helens 6.30 (Sat. 14th)

METHODIST PARISH FOR ST.MARY'S & ST.HELENS

Sunday June 8th 11 a.m. St.Mary's Mr R. Grey
" " 8th 7.30 p.m. St.Helens Pastor Dobson.

Sunday June 15th

St.Mary's 11 a.m. Pastor Dobson
St.Helens 7.30 p.m. Pastor Dobson.

ANGLICAN PARISH OF ST.HELENS

Sunday 8th June

St. Helens 8 a.m. Holy Communion
St. Helens 11 a.m. Mattins
Pyengana 2.30 p.m. Holy Communion
Rev Roy Ezzy will take the services.

Sunday 15th June

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

SPINNING & DYING WORKSHOP

Janet Blundell, past president of the handweavers, spinners and dyers guild in Hobart, will tutor and conduct a class at St. Marys on June 7th and 8th 1975.

Cost is \$8 for the weekend, \$6 for one day approx. \$3 for materials, Bring your spinning wheel along if you have one.

Enrolment and inquiries at Museum and Art Centre, St. Marys or phone St. Marys 201.

ANNUAL AMBULANCE APPEAL

The collections carried out in the various Districts for our Annual Ambulance Appeal were as follows:-

Cornwall	\$ 82.03
Falmouth & Upper Scamander	70.40
Fingal	269.50
Mangana	39.20
Mathinna	70.00
St. Marys	843.85
Scamander	54.00
Seymour	49.35
	<u>\$1,478.33</u>

This amount is \$405.98 greater than last year and on behalf of my committee I would like to thank all those who gave so generously to help us keep our Ambulance in service, and our especial thanks to all those who collected in the various centres for their great help.

Yours faithfully,

R.J. Hinds, (President)

PRE STOCKTAKING SALE

MONDAY JUNE 9

1 WEEK ONLY

FURNITURE . BEDDING
 MANCHESTER ELECTRIC GOODS
 MATS AND NURSERY ITEMS
 CHROME BUNKS, BEDS \$49.90

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RICHARDS HOME FURNISHINGS
 ST HELENS

FOOTY FACTS

by STAB KICK

Last Saturday's closely contested matches, resulting in narrow victories for the top teams, indicate that the bottom three sides are out to do all they can to improve their positions.

Campbell Town had an uphill battle to fight off St. Marys, which played it's best football so far this season. Fingal overcame a three quarter time deficit of 20 points to win by to win by 2 points over St. Helens and Avoca had a tough battle to defeat Swansea.

Next weeks games should prove to be just as close and interesting.

The weather has been very kind to us - providing good firm playing surfaces and favourable conditions for the spectators. Campbell Town, sitting squarely on top of the ladder faces a danger game this week against Swansea at Campbell Town. Swansea pulled the upset of the first round by defeating the Robins on the coast, and will be out to repeat the feat. I don't think the Robins will allow this, and the return of Robert Lowe should be sufficient to enable the Robins to keep Swansea under control.

The clash at St. Marys between the home side and Fingal should be worth seeing between these two traditional rivals. In the first round when these teams met - Fingal won by over seven goals with one brilliant quarter. In the remainder of the match the Tigers outscored the Blue's and if they can put together 100 minutes then this clash could be the highlight of the second round.

The game between the Demons and the Swans at Avoca will temporarily decide fourth place on the ladder.

The home ground advantage could be the difference between Avoca wining and losing this game.

The draw for Saturday 7th June, with home sides named first (Selections by "Stab Kick" are underlined).

St. Marys	v	<u>Fingal</u>
<u>Avoca</u>	v	St. Helens
<u>Campbell Town</u>	v	Swansea

Saturday 14th June

<u>Swansea</u>	v	St. Marys
<u>Fingal</u>	v	Avoca
St. Helens	v	Campbell Town

Seniors Ladder

Campbell Town	-	28 Points
Fingal	-	20 "
Avoca	-	16 "
St. Helens	-	12 "
Swansea	-	12 "
St. Marys	-	4 "

Reserves Ladder

Campbell Town	v	28 Points
St. Marys	v	20 "
Swansea	v	16 "
Avoca	v	12 "
Fingal	v	12 "
St. Helens	v	8 "

Thirds Ladder

Campbell Town	V	28 Points
Swansea	v	28 "
Fingal	v	24 "
St. Marys	v	12 "
St. Helens	v	8 "
Avoca	v	-

BADMINGTON CLUB

Blues Badminton Club on Monday 26th May travelled to Rossarden, where the home side scored another win by 39 aces.

On the 2nd June we were at home to St. Marys, where we scored a great win by 88 aces, St. Marys although beaten easily battled it out right to the finish.

COUNTRY GOLF - At Mowbray St. Marys results.

Mrs. Pearl Davern won C. Grade scratch, and handicap, and first nine holes handicap.

Teams match, 22 clubs were there.

Best four cards for St. Marys.

Mrs. C. Davern	Mrs. G. Holmes
Miss C. White	Mrs. M. Dearth

HEALTH NOTES

The following poem will be published in two parts and is an excellent easy-to-read source of information for all ages.

The Vitamin Alphabet by C.E. Clinkard

I'm Vitamin A, the first one of all
I furnish vitality and make you grow tall,
I fight disease germs of the nose,
throat and lung,
I am good for all ages, especially the young,
If I am used freely nine months before birth,
Healthier mothers and babies would inherit the earth.
For when I'm left out of your diet you know,
You may grow too tall, or else be too low,
The eyes may get sick or the thyroid cavort
With all other glands, if of ME they are short.
In all dairy foods you will find me the thickest,

YOU & THE LAW

Inattentive driving is perhaps the major cause of most accidents. Far too many drivers loose concentration or neglect to concentrate on t eir driving and the end result is usually an accident.

During the winter months extra care should be exercised on the roads because of the extra driving hazards confronted.

Frosts, fogs, slush and heavy wet slippery roads, test a drivers skills, and if by chance, he gets neglectful or looses his concentration, the results can be heartbreaking, and or "life taking".

Throughout the Fingal Valley and down the East coast, at this time of the year, frosts and heavy fogs are frequent hazards to the motorist. These factors are well known to local residents and to frequent visitors to this part of the state, so it goes without saying that local drivers should be capable of taking advantages of driving conditions, but for some this does not appear to be the case, and to those drivers I can only conclude that they lack the driving skills necessary to good driving.

I am referring to those few drivers who seem to ignore the basic rules of common sense, good manners and Road Safety.

To those few who fail to dip his lights to oncoming traffic of a night, or has insufficient lighting on his car in heavy fogs, who is discourteous to his fellow drivers, through an impatient attitude that usually results in bad tempers and dented fenders. Several local accidents have occurred over the last week or so, any of which could easily have resulted in serious injuries to driver or passengers.

H.F. ALOMES
Inspector

ST. MARYS GARDEN CLUB

St. Marys Garden Club held their last meeting at the Institute Hall on May 28th. The roll call was to recall one's most embarrassing moments.

Mrs. Rattray had a competition and Mrs. Llewylwin the door prize.

Mrs. Lohrey had another embarrassing moment, she forgot the raffle prize and left it at home.

Next month the Club proposes to run a good trade table, proceeds to go to the church building fund, so ladies please have some good ideas before next meeting, June 26th.

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FISHING NEWS

There are no contests to report this week but there is a reminder that Scamander Angling Club will hold their last surf contest for 1974/5 on Sunday 15th June at Four Mile from 11 am to 4 pm. Their annual meeting and dinner will be held at the Scamander Hotel-Motel at 6.30 pm on Saturday 28th June. Bad news is the report that commercial netting of blackback salmon has started again, with a catch of 15 tons taken near the Gardens. Enquiries in the political area have been discouraging so far. I have been given a copy of a pamphlet issued by the Sea Fisheries Division of the Department of Agriculture, entitled "The Law on Amateur Fishing - A Guide to the Fisheries Act and Sea Fisheries Regulations." Minimum sizes are listed as follows:-

Garfish 9 inches	Perch 9 inches
Bream 9 "	Mullet 9 "
Sole 9 "	Flounder 9 "
Real Trumpeter 13 inches	
Flathead 12 "	
Silver Trumpeter 13 "	
Abalone 5 inches	

Further extracts from this guide will be given in future editions.

ST. MARYS HOSPITAL PROGRESSIVE DINNER

A very successful function and about 60 people turned up in spite of the cold weather. Mrs. & Mrs. Dale Wright were the first hosts for drinks and savories. Mrs. Wright looked charming in a long red checked skirt and silver top with flared sleeves. Soup was served at Mr. & Mrs. Col Royles, a loveley soup, the men demanded their wives to get the recipe. Mrs. Royle was a lovely hostess in a flowered pink dress. The main course was served at the Hospital. Mrs. Keith and Mrs. Jack Bullock were hostesses there; they looked attractive in cinnamon brown velvet and blue velvet. There was a nice fire, good food and conversation. Then we all moved off to Mr. & Mrs. Jim Napier's home for sweets and coffee. Mrs. Napier looked smart and warm in a green checked skirt and black top. Every one enjoyed their evening and seeing all their friends.

ONE POT MEAL

Chop gravy beef into cubes, cut carrots, turnips, potatoes, onions, celery, or any vegetable you have into cubes and put all into pot with a lid. Heat about 2 tablespoons oil, and stir over gentle heat till meat is sealed, then add pkt. soup mix & water to cover; salt to taste herbs if you want, and all vegetables. Simmer gently till cooked. A nourishing meal and only one pot to wash!

URGENT TELEGRAM

URGENT TELEGRAM

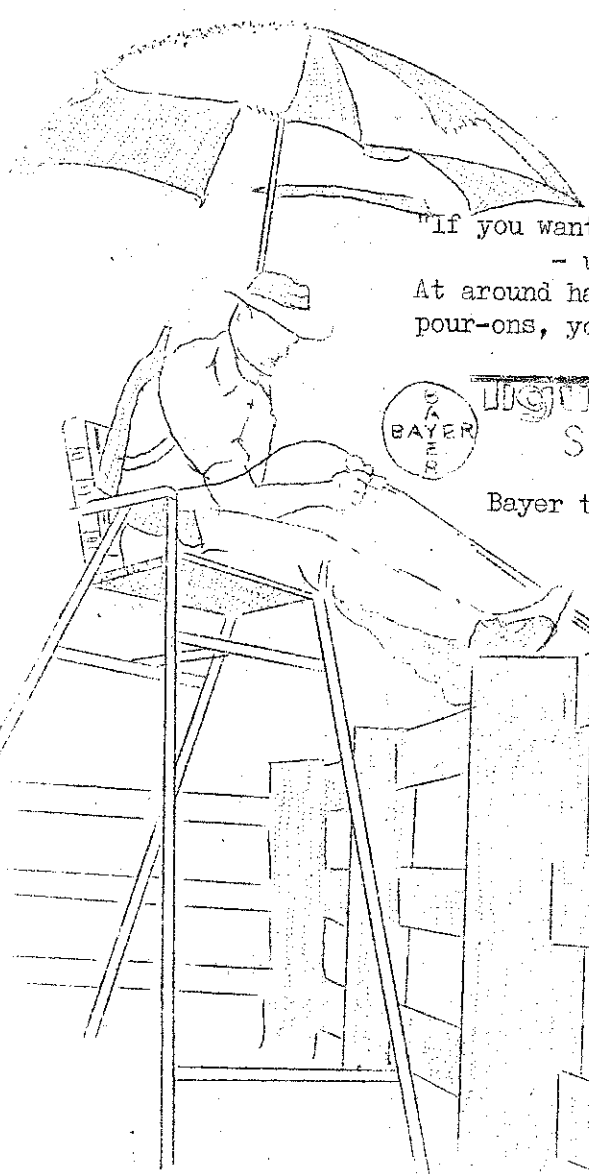
DIRIAN SPECIAL OFFER

URGENT MESSAGE TO ALL SHEEPMEN

GOOD NEWS AND BAD NEWS STOP BAD NEWS LIVDR FLUKE OUTBREAK
REPORTED STOP GOOD NEWS GET EFFICIENT ECONOMICAL CONTROL
WITH BAYERS DIRIAN STOP DIRIAN CONTROLS ADULTS AND MOST
IMMATURES AT 3.0¢ PER HEAD STOP BETTER NEWS ACT QUICKLY
TAKE ADVANTAGE OF SPECIAL LIMITED OFFER NOW RUNNING AT
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"If you want to treat once
- use Tiguvon.

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pour-ons, you'd be crazy not to....."



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SPOT-ON®

Bayer thinks of tomorrow-today

Lice control is more than just relaxing in a comfortable chair and squeezing a trigger. It's a form of investment. A shot of Tiguvon for a grown beast still costs as little as 20 cents. A weight gain of 1 kilo (2,2lbs) will repay that investment - even at today's prices. And research has proved that lice control can provide that kind of weight gain in about 4 days. After that you're making a profit of around 40 cents per head per week.

BASKETBALL

MAY 21st.

BLUEBIRDS V PACEMAKERS Pacemakers improved their scoring in the second half but were unable to catch the Bluebirds. Score: 26 points to 10.

BOMBERS V WHITES The Bombers improved their shooting in the second half losing by one point. Score: 32 points to 31.

REDS V VILLIANS The Reds maintained their narrow lead throughout the game. Score: 20 points to 14.

ALL BLACKS V YELLOWS This was a very hard fought game with the difference at half time being one point, with All Blacks the final victors. Score: 18 points to 12.

The final matches of the roster were played on May 28th.

REDS V PACEMAKERS The Reds dominated the match from commencement. Score: 30 points to 20

WHITES V YELLOWS Whites held a command-lead at half time going on to win. Score: 50 points to 12.

BLUEBIRDS V VILLIANS The Bluebirds defeated Villians. Score: 33 points to 8

BOMBERS V ALL BLACKS The Bombers had a runaway victory over the All Blacks. Score: 38 points to 14.

The point score was completed at the end of the last roster match.

Winners were as follows;

Womens 1) D. Coleman 106, 2) S. Richards 98, 3) C. Howlings 86.

Mens 1) T. Crosswell 147, 2) M. Blair 117, 3) S. Richards 91.

MORE ON SPINNING AND DYEING...

Craft workshops have been happening all over Australia with increasing frequency these last few years, and now we in St. Marys are to have one of our own this next weekend at the Post and Rail Museum.

Mrs. Janet Blundell who will be the tutor has already used this programme recently at Burnie with great success. There were some who already were spinners and those who wished to learn, so she divided the class in two, then had the joy of seeing learners joining the other group. Janet will bring some different fibres along for us to use, and will teach some new techniques in spinning. On Sunday there will be lessons in vegetable dying, so you will need to bring your wheel, (if you have

continued above..

SPINNING Continued

one) some fleece, and carders, if possible, on Saturday, and for the next day, some gum leaves, gorse flowers, young bracken ferns or whatever you fancy to use for a dye, and a jam pot, or other large container. If you have a small gas stove that would also be a help to boil up on. The fees are 6 dollars for one day, or 8 dollars for both days.

HEALTH NOTES Continued..

The Vitamin Alphabet Cont.

In veges and fruit, I fool you the quickest.
For if they're not green, or if they're not yellow
You are not eating me, but some other fellow.
I am chubby and plump, I am Vitamin B
Good health you'll not have unless you eat ME
I give you the appetite of the little white pig,
Then aid the digestion and make you grow big,
If you put me in water I'll swim right away,
And soda and alkalies will make me decay.
You can boil me and broil me, even seal me in cans,
And I'll travel in safety to far distant lands.
If you eat plenty of me, regularly three times a day,
You'll feel well and happy, and ready for for play;
But if you don't eat me, you plight will be sad,
Beri-Beri you'll have and your nerves will be bad.

If you are not in good condition,
With vitality much too low .
If you've had a bad infection that is healing awfully slow,
If your gums are soft and bleeding, teeth forever need repair,
And pains like sharp rheumatics just fill you with despair;
Don't waste your time in worrying- that only brings more grief,
Take ME a dozen times a day and I'll give you quick relief.
You say you don't know who I am - then astonished you will be
I am the repairman of the body - I am Vitamin C.

Vitamin B Sources - Peanuts, Wheatgerm, Soya Beans, Yeast, Prunes, Oranges, Apples, Appricots.

Vitamin C. Sources - Fruits, especially citrus, green leaf vegies and tomatoes.

NOTICE - Contributions for print may have a pen name but must include bona fide name & address (confidential).

STARPROBE

By Pegasus

Fortnight, beginning June 6th.

ARIES March 21 - April 20

You may be very optimistic and happy this month due to having a choice of several things all of which are attractive. Beware of a misunderstanding. Best days 6th, 7th & 15th.

TAURUS April 21 - May 20

Good news comes early about a journey you want to take and opportunity for a special job. You may be moving to some distance for at least a year. Best days 11th, 18th & 19th.

GEMINI May 21 - June 20

Exciting conditions may arise when you are on vacation this month. A relative you visit may know someone who can get you a very pleasing job. Best days 8th, 12th & 13th.

CANCER June 21 - July 22.

Take it easy with work - avoid exhaustion. Your health may be quite delicate and you may have to take some time off. Look after yourself. Best days 9th, 16th & 17th.

LEO July 23 - Aug. 22

Try to do some entertaining for people new in your life. Your generosity and help are much needed by such newcomers. Make sure all you do is good. Best days 10th, 14th & 15th.

VIRGO Aug. 23 - Sept. 22

In the first two weeks use excellent judgement in all decisions about your career. Be cautious in new financial transactions. Best days 6th, 16th & 17th.

LIBRA Sept. 23 - Oct. 22

A family emergency may call for your most dutiful and conscientious action. Help someone who is in need of hospitalisation. Best days 10th, 18th & 19th.

SCORPIO Oct. 23 - Nov. 22

Travel can be the very best part of this month, and you can be happy with relatives who welcome you. Your sense of adventure can be fulfilled. Best days 7th, 13th & 14th.

SAGITTARIUS Nov. 23 - Dec. 21

During this month take a check of home items that need attention. Call for repairs or service of any kind that may be required. Best days 7th, 8th & 12th.

CAPRICORN Dec. 22 - Jan. 19

Someone you knew a long time ago may hit fame this month. Congratulations are in order. Perhaps this person is succeeding in something you like to do. Best days 9th, 11th & 12th.

AQUARIUS Jan. 20 - Feb. 18

You can be in one of your rare emotional conditions that makes you hostile, resentful, stern and forbidding. You may seek a lot of seclusion. Best days 6th, 10th & 11th.

PISCES Feb. 19 - March 20

You may find a young relative far too radical for your taste. Those you meet this month will never imagine that you are a great dreamer. Best days 14th, 15th & 18th.

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