Carole Bradley, rews, Bob Coxe, Delmar Watson

John Brown, Frank Mariscak, Jun-

Relay team, 880 yards — Gold,

The August meeting of the Eden

Crest Women's Institute was held

at the home of Mrs. John Turner,

Eden Mills. Mrs. Hewat and Mrs.

Woodhouse volunteered to lead the

girls' club. The Gay Teens, in the

project for the coming season,

Meat in the Menu. It was decided

to exchange letters with a Wom-

en's Institute in New Zealand for

the purpose of learning what other

institutes are doing and forming

Mrs. Hewat, convener of home

economics and health, read the

highlights from Dr. Dale's annual

report on Health Service. A new

division of Health Service has

health corner have been started in

an attempt to keep the public in-

formed of progress and also of fac-

ilities available to people. There

is a new food handlers' course at

schools The recently formed Den-

shown a substantial reduction in

tooth decay. To improve the qual-

ity of the milk, three full time san-

itary inspectors have been appoint-

Mrs Woodhouse read two amus-

ing little verses. The Little Girl, by

She was chubby, she was three,

A pocket trunmed her pretty new

She must have thought, how funny

Can't they see it is just a hashker-

and The Cloud, by May Richstone.

Something is always cramping her

Somebody's always attempting to

A teen-agers cagerness, maki

If it isn't one darn thing it's

Mrs Hewat read a very timely aticle on diet, beginning with some outworn maxims on diet:

potatoes and bread fill one up, so they must be wrong: if it tastes good, it must be wrong; if you like it, cut it out The most successful diets include starch, sweets and fats, which supply the energy

necessary to growth and activity. Bread is a valuable source of protein and the catorie count per slice is equal to that of one small-

apple Potatoes cooked in their jackets supply vitamins B and C and one medium potato baked or

boiled contains only 100 calories. Sugar provides quick energy and while containing no vitamins, a

Tevel teaspoon has only 16 calories. A three year study of over-

weights revealed that the ones who gave up sugar lost no more than those who didn't, providing the total calorie count remained

constant A small amount of food

shortly before the meal reduces

the appetite Bread, potatoes and

sugar make the stomach feel satisfied on fewer calories than do

bulkier foods. The only sensible

way to diet is to reduce the total

intake of food, not by eliminating

Bingo games were won by Mrs Kidd, Mrs. Abram, Mrs.

Authorizes Study of

Oakville council authorized

study of possible beautification of

the lower reaches of Sixteen Mile

Mayor William Anderson sug

gested that council take the neces-

sary steps to carry out such a plan The harbor will never be de-

veloped for commercial purposes,"

he pointed out Councillor Allan Day said that such a project would have to be a joint effort of Oak-

Councillor Alec Tilley suggested that A committee could work in conjunction with the Sixteen Mile Valley conservation committee A complete study of the situation

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ville Trafalgar and Bronte

Sixteen Mile Creek

any one class of foods.

Creek and harbor

will be made

Walker and Mrs. Mochrie.

Edith Behedict Hawes.

been created in Wellington coun-

friendship ties with other coun-

iors were not allowed to enter.

Health Service

Truth on Diets

W.I. Topics

ACTON Nights 702

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RECREATION AND COMPANIONSHIP can be easily found in bowling !

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Lunch Counter

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BOWL FOR PLEASURE . . .

BOWL FOR HEALTH

(Continued from Page One) Bell Telephone, serv. H.E.P.C. aslo noted that the bill Acton Auto Body, paint ing system has been revised so that Acton P.U.C., acets. in future years there will be no Thompson Motors, truck . adjusting at the end of the year for

Reserve Union Judgement

P.U.C. States Opposition

Sewerage Accounts

Hydro Accounts

Petty cash, exp., trans.

Bell Telephone, serv.

H.E.P.C. of Ont., August

consumption

Ellis & Howard, mdse. ...

Vickers - Warnick, mdse.

Can. Wire & Cable, reels

. Wood Co., heater

Acton P.U.C. water, acct.

J. B. Mackenzie, acct.

Bell Telephone, serv.

Acton P.U.C. hydro, accts.

Can. Brass Co., acct.

Highway Garage, acct.

Waterworks Accounts

surplus or deficit, merely a straight billing on cost through the Reservation applications for

four were sent in from the P.N.C.

to the H.E.P.C. for a planned bus tour of municipal officials to the St. Lawrence power project construction sites October 11 and 12. Hydro superintendent D. Mason outlined the program prepared for the annual meeting here October 3

Association. He also discussed the possibility Reliance Co., transformers of converting to natural gas fuel Northern Elec., mdse. for the hydro shop furnace. This Can. Wire & Cable, wire was deferred. The superintendent J. R. Kearney, wireholders reported on general work in progress about town.

of the Grand Valley Metermen's

sion noted that council had not yet completed a promised survey of street lighting in order to authorize changes or improvements. Sewage superintendent A. Duby Beardmore & Co., acet.

lateral installation work at var-

ous points in town.

THE

During the meeting the commis-

HALTON MANOR

Emmanuel Pastor Is Guest Preacher

The third Sunday afternoon \$12.75 church service of the fall season 3.00 was conducted at the Manor on 31.19 Sunday, September 23 by Rev. R 2132.00 F. Snyder, pastor of Emmanue 25.82 Baptist church, Milton. It was 68.78 pleasure for the residents to welcome again to the Manor, not only \$2,273.54 Mr. Snyder himself, but also Mrs. Snyder and their little son, Bavid.

Mrs. Snyder played the accompaniments for the hymns. Mr. Snyder preached a very eloquent sermon on the theme, "The joys of salvation, or, in other words, the things that make Christian salvation so wonderful." One of these things is the presence of God in our lives, for when Christ becomes a reality in our hearts, we gain power and strength. Another benefit gained by Christian salvation is the propitiation of sin, for when we have sinned, Christ justifies us in God's sight. Other points brought out by \$14,260.70 Mr. Snyder as joys of salvation are the blessings of God whereby

"Yep. She can't complain if she Lynda Lovell. ______ \$923.82 wound up with a worm.

113.05 privilege of prayer and the prom-

Arbic, McMillan Champions

School Students Vie in Sports

Acton High School students held Landsborough, their annual field day Friday prior Gertrude Oost. to yesterday's big North Halton | 75 yard dash-Srs., Donna Mcfield met in Georgetown. Wayne Millan, Wendy MacKenzie, Lenora Arbic again swept the senior boys' Watson; Ints., Blair' Hotchen, Betevents while Donna McMillan, an- ty Allonby, Beverley Smith; Jrs., other perennial winner, was senior Ruth Landsborough, Carole Bradgirls' champion.

Bob Coxe and Blair Hotchen were intermediate winners. Champions of the juniors were Ron Hayward and Ruth Landsborough.

Four teams were sorted for the overall competition. The Golds stood high with 314 points, followed by the Blues, with 304 points. the Reds with 273 points and the Greens with 260 points.

Following is a complete list of individual winners in all events: Girls' Events

High jump-Srs., Liz Jany, Donna McMillan, Wendy MacKenzie; Ints., Blair Hotchen, Doris Edwards, Joan Courtney; Jrs., Ruth Landsborough, Ruth Kerr, Lynda 9.85 he satisfies our material needs, the Lovell.

Running broad-Srs., Donna Mc-Millan, Liz Jany, Wendy MacKenzie; Ints., Blair Hotchen, Doris Edwards, Betty Allonby; Jrs., Ruth Landsborough, Carole Bradley,

Standing broad Srs, Liz Jany. Wendy MacKenzie, Donna McMil- Oost; Ints., Brian Gervais, an; Ints., Blair. Hotchen, Doris Edwards, Teresa Arbie; Jrs., Ruth Bill Greer, Keith Mattocks, Ron Landsborough, Carole Bradley, Hayward. Judy Abram.

Watson; Ints., Blair Hotchen, Laurie Ritchie; Doris Edwards; Jrs. hott, Bill Sanford. Ruth Landsborough, Mary Lou Creighton, Shirley Spiece.

Millan, Wendy MacKenzie, Liz Jany; Ints. Blair Hotchen, Doris Edwards, Betty Allonby; Jrs. Ruth

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Marg. Sunter. Grace Clow. Running broad - Grace Clow Marg. Sunter, Carole Goodwin. Standing broad—Carole Goodwin, Grace Clow, Bev. Marshall. Softball throw-Bev. Marshall, Marg. Sunter, Grace Clow.

ley, Irene Gordon.

50 yard dash-Carole Goodwin, Marg Sunter, Ilene Varey. 220 relay - Red, Blue, Gold

Girls' Bantams

High jump - Carole Goodwin

Boys' Events High jump-Srs., Wayne Arbic. Bill Oost, Frank Cooper; Ints., Frank Mariscak, Brian Gervais, Bob Coxe: Jrs., Dale Woodburn, Ron Hayward, Bill Greer.

Broad jump-Srs., Frank Cooper

Bill Oost, Wayne Arbic: Ints. Brian Gervais, Andrew Theriault, John Brown; Jrs., Ron Hayward, Grant Baker, Bruce Timpson. Hop, step- and jump - Srs., ty. A 30 minute TV program and Wayne Arbie, Frank Cooper, Bill a permanent newspaper weekly Coxe. Andrew Therault;

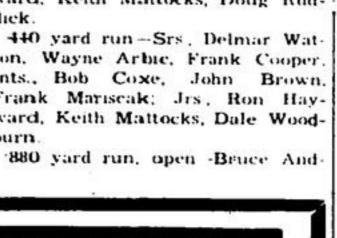
Shot put - Srs., Wayne Arbic. the Veterinary College, a new Softball throw ... Srs., Jeanine | Garry Dawkins, Bert Benton; Ints. | child health centre. TB clinics, Molody, Donna McMillan, Lenora Bob Coxe, Bob Kerr, Brian Ger- mental health chines and health vais; Jrs. Ron Hayward, Paul El- examinations

tal Health, Division has already Pole vault - f. Srs. Bill Ooost, Wayne Arbie and Bert Benton tie. 50 yard dash- Srs., Donna Me- Ints., Frank Mariscak. Bob Coxe. Bob Kerr; Jrs., Peter Lawson, Ron Hayward, Dale Woodburn. 100 yard dash - Srs , Frank Coop-

er, Wayne Arbic, Delmar Watson, Ints., Brian Gervais. Bob Coxe, Frank Mariscak; Jrs. Bill Sanford. Ron Hayward, Dale Woodburn 220 yard dash-Srs. Frank Coop-

er, Wayne Arbic, Delmar Watson, Ints., Brian Gervais, Bob Coxe, Frank Mariscak; Jrs., Ron Hayward, Reith Mattocks, Doug Rud-

son, Wayne Arbic, Frank Cooper, Ints., Bob Coxe, John Brown, Frank Mariscak; Jrs., Ron Hayward, Keith Mattocks, Dale Wood-





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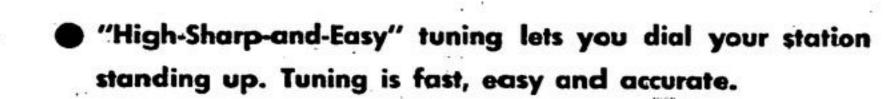
Trif EDD" DUCHIN STORY

CINEMASCOPE

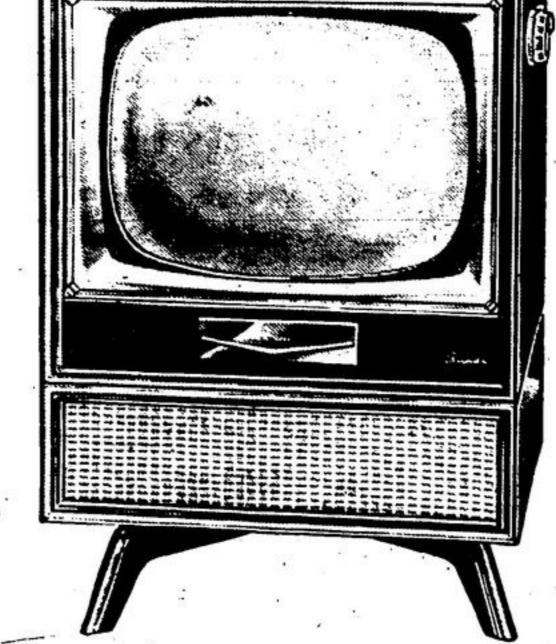
RCA VICTOR PRESENTS

reported briefly on progress of Gordon's Hdwe., acet.

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Model 21TC203. The Graham Deluxe 21 in. console with tone control .phono-jack. Walnut, mahagany or llmed oak finished cabinet, 21, actual

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