

Stop Clogging Up Your Arteries

by LeLord Kordel
Installation Four
Bill Gordon came to me, still half dazed from the shock he had received.



'Atherosclerosis?' I asked.
'But that's an old man's disease,' said Bill indignantly.
'You know how old I am? Twenty-eight! It doesn't make sense!

Americans Suffer Most.
'There are two medically cited reasons, our American diets which are heavy in fats, and our race-the-motor pace of living.

Ladies Afternoon Bowling
Helen Atkinson and Dorie Cox rolled the outstanding single and triple in the Afternoon Ladies Bowling league last week.

erol is necessary to us. We do know of a few significant functions.
1. It prevents destruction of red blood cells.
2. It is important to nerve tissues.

Lecithin, The Heart Saver
Lecithin, I explained is found most abundantly in egg yolks; but cheese, butter, and unpasteurized milk contain lecithin in their fat. It is also available in concentrated granular form, and may be purified at special diet-food stores.

The Deadly Deposit
Cholesterol and fats are processed by your digestive tract, like all your food, and passed on into your blood for transport in the tissues for the nourishment of the cells. But something goes wrong. Through some defect in the process of cell building and cell destruction in some manner, the cholesterol detaches itself from your bloodstream and settles on the arterial wall.

Next week - You're as Young as Your Arteries. A healthy heart can be yours, if you work for it.

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MRS. JAQUITH, SPEAKER
Mrs. Everett Jaquith of Cheltenham will give an illustrated talk at the next meeting of the WMS of Cheltenham United Church. Mrs. Jaquith will speak on her recent trip to England, Scotland and Wales.

CHURCHES ANGLICAN

St. Alban's, Glen Williams
Rev. John Rathbone
Nov. 8 - Remembrance Sunday
9:15 a.m. - Church School
10:30 a.m. - Parish Family Eucharist.

St. Paul's, Norval
8:30 a.m. - Holy Communion
11:00 a.m. - Morning Prayer
11:00 a.m. - Church School

St. Andrew's United
Sunday School
9:45 a.m. - Church School
11:00 a.m. - Morning Prayer and Holy Communion

First Baptist Church
Rev. R. I. Whan, B.A., B.D.
Choir Director: Douglas Peck
Organist: Mrs. W. Townsend

Grace Baptist
In IOOF Hall
Rev. Bruce Penny
9:45 a.m. - Bible school
11:00 a.m. - Morning worship
7:00 p.m. - Evening worship

STONE FORT
Lower Fort Garry, built in 1831 to replace the original Fort Garry near Winnipeg, had stone walls three feet thick.

Club Champ Ron Kitchen 1960 Men's Golf Captain

This year's club champion, Ron Kitchen was named captain for the 1960 golf campaign when the North Halton Golf and Country Club men's closing was held at the clubhouse Saturday. Also elected to office were Scotty Patteeson, Vice-captain, and Hugh Dickie, treasurer.

NEW SCHOOL IS HOST HOLY CROSS BAZAAR

Held this year for the first time in the new Holy Cross School, a bazaar sponsored by the Catholic Women's League proved a successful event on Friday and Saturday. Mrs. George Hewson convened the event and the various activities were directed by Mrs. John Koloski, delicatessen; Mrs. Fred Tucker, aprons and needlework; Mrs. Stan Walsh refreshments; Mrs. Ed Tyers, who is president of the CWL, afternoon tea; Mrs. Wilfred Lavoie, dolls.

EXPRESS BUSES direct to New Woodbine RACES

OCT. 19th to NOV. 13th
Leave Georgetown 11:35 a.m.
Return Fare \$2.00 Includes Admission
Return After Last Race
Tickets and Information at Corner Cupboard Restaurant S. Wade, Agent. TR. 7-3051

NEW DIETARY SUPPLEMENT WAMPOLE LETHINAL SOYA LECITHIN

Advertisement for Wampole Lethinal Soya Lecithin, featuring a bottle image and pricing: 6 oz. \$2.95, 14 oz. \$5.95. Available at all drug stores.

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DAIRY FARMERS OF CANADA
409 Huron Street, Toronto

INSTITUTE VIEWS Films of Member's Trip Abroad

Mr. and Mrs. William Cromar, 51 Maple Ave., recently returned from Holland, showed coloured slides of their trip to

TOMMY'S DOLLAR

Tommy is saving up for a bike. Dollar by dollar, week by week, his bank account is growing... bringing the Big Day nearer.
But meanwhile, Tommy's dollars are serving a second useful purpose.
Bank credit is based on the dollars Canadians keep in 11 million deposit accounts in the chartered banks -- and Tommy's account is one of them. Bank loans are constantly being made to meet the needs of business and personal borrowers in all parts of Canada.

THE CHARTERED BANKS SERVING YOUR COMMUNITY

