lecithin"

by Lelard Kardel

Installment Four

Bill Gordon came to me, still half dazed from the shock he red blood cells. had received.

"The company picked me for tissues the executive training program," he said. "I took the physical and passed it fine until the doctor examined the blood vessels at the back of my a curve," said Bill. "Something eyes. What do you thing he that's necessary to health but



"Atherosclerosis?" I asked. "But that's an old man's dis ed at special diet food stone ease," said Bill indignantly. "You know how old I am? Twen- day whether at home or in . a ty-eight! It doesn't make sense!" restaurant, contains dangerous Bill had reason for concern amounts of cholesterol and over his diagnosis. In atherost too little of the leeithin which clerosis the arteries become helps to emulsify the fatty dethick and clogged with fatty posits and keep them finely dideposits. The wood flow to juided so they can circulate the heart is cut down, and a through your body.

heart attack may be imminent." "Have you any idea how ma-"Briefly, Bill", I told him, ny ounces of fat you eat a you are suffering from what is i day " I asked Bill often called a grease trap disease. You're using your after thought much about it ies as a grease trap for your. "The average America con sames at least tour and seven

body's plumbing." "Go on said Bill "I want to tenths oduces of lat a tay hear about this."

"We begin our lives with Bill. A potential danger to blood vessels like smooth elas any man. More than 50 per tic and as resilient as rubber cent of this fat is visible that tubing. But 'each illness and you could cut out it your thet each year of life injures the Another 30 per cent is holden of these vessels. They used to "Where is it hidin." isked 11.00 a.m. Church Service flexibility and the smoothness | fat start showing signs of wear and Ritt tear around the age of thirtyfive. They became thicker and Bill' Rich sauces, chocolate. less elastic, and their smooth cakes, presand other pastries ". walls began to take on deposits of tiny, pinhead size patches!

of time and fat." "You said used to," said Bill "That's right, Clogging the arteries was formerly con- hadden sats are lurking but is sidered a badge of many birthdays But not today Today. for some men of 35, at is already ble in water that's also our

. too late.". Americans Suffer Most.

ted reasons, our American diets. which are heavy in fats, and our race-the-motor pace of Cholesterol and fats are proliving. That's why Americans cessed by your degestive tract, suffer most of any people from like all your tood, and passed

"There are two medically ci- lesterol"

arteriosclerosis and atheroscler- on into your blood for trans-That's why our coronar port in the tissues for the nour ie- have become epidemic ishment of he cells But some "We allow cholesterol to crys thing goes wrong Through some stallize because we stop excer- detect in the process of cell cising too soon," I continued building and cell destruction, "Remember that Dr. Paul Dud- in some manner the cholestetol ley White, the prominent heart detaches itself from your blood-

specialist whose name be-j-tream and settles on the artercame well known to us as Pre-lial wall sident Eisenhower's physician, Thus as the cholesterol ervsaid the president's golfing pro-1 stallizes the inner wall of the bably kept him from having a artery loses its elasticity, grows heart attack earlier than he wrinkled and thick, and the Choir Director Douglas Peck

"Sure," said Bill, "and be-" through, fore he said that, nearly every- For a time a little trickle of 11 00 am - Worship Service thought maybe 201f; blood can still pass through the clogged artery But what hapwas what brought it on."

"We eat too much, sit too pens if a moving blood clot, much, and exercise too little. We which may form anywhere in must keep all the fatforming the blood streams, gets lodged cholesterol in circulation. We in one of these tight spots filled must walk more!" up by cholesterol deposits?

"Where do people like me - The answer to that means the and even younger' fellows -- difference between life and get so much of this cholesterol" death Your life - or death?

"You eat it in your foods from the book, "Live to Enjoy foods containing cholesterol or ford Kordel Published by (day too many of the fatty foods World. from which your body can man-

ed her own season's second high

mark of 621 as well as captur-

ing the week's honours in that

department. Ethel Anthony had

a 605 to take second with a

handicap of 755. Helen Atkin-

son's 245 high single failed to

change any of the season's

marks

ufacture it." Next week - You're as Young "Why doesn't some bright as Your Arteries. A healthy young chemist find a way to get heart can be yours, if you work rid of cholesterol in the body?" for it. --

asked Bill. "Because, paradoxically eng Next week. You're as Young ough, it's a valuable adjunct to as Your Arteries A healthy good health. We don't know ver theart can be yours, if you in just how many ways choics work for it.

Ladies Afternoon Bowling

Helen Atkinson and Dorie Strikes retained first place

Cox rolled the outstanding sin- wit 38 points closely rivalled

noon Ladies Bowling league of Fire with 33. Joyce Millar's

Mrs. Bob McMenemy's Lucky | Scotland and Wales.

Dorie Cox's 623 triple better- followed by Anna Ewens' 173.

MRS. JAQUITH, SPEAKER

tenham will give an illustrated

talk at the next meeting of the

9.15 a.m. - Church School

10.30 am. - Parish Family Eucharist_{Ca} erol is necessary to us. We do Norval, Stewarttown, Hornby

"1. It prevents destruction of

know of a few significant func

Lecithin, The Heart Saver

ound most abundantly in egg

olks; but cheese, butter, and

unpasteurized milk contain lec-

ithin in their fat. It is also av-

allable in concentrated granu-

That's a real health hugard,

"Do you cat much gravy,

"Sure," said Bill, "Who does

"That" I said, is just what's

group who doesn't And it's

in those very items that the

the only loos that can't be pro-

ken down min substances solu-

body has such a rough time

handling fat, Bill, opecially the

fally material we know as cho-

The Deadly Deposit

blood has to pressure its way

Lecithin, I explained

Prof J. R. Rothwell, Assistant St. Paul's, Norval '2. It is important to nerve 3.30 a.m - Holy Communion 11.00 a.m. -- Morning Prayer "3. It's partly responsible for 11.00 a.m. -Church School the semi-solld consistency of

St. John's, Stewarttown living cells" 9.30 a.m.-Holy Communion "That's really throwing us 10.30 a.m -Church School St. Stephen's, Hornby like James Whitcomb Riley's 11.00 a.m. -Holy Communion goblin's, 'Will get you if you 11.00 a.m.—Church School

don't watch out. Well, what's St. George's, Georgetown the answer? or is there one?" November 8th

"Yes, Bill, there is an an-Remembrance, Sunday swer. There is one substance 8.00 a.m. - Holy Comm. that seems to protect us from 9 30 a.m. -- Holy Eucharist accumulations of cholesterol Church School (9 yrs, and up) that emulsifies the deposits on 11.00 a.m -- Mattins artery walls. That substance is

Church School (3-8 vrs.) Infant Care 2.30 p.m .- An Act of Remer brance at the Cenotaph 6.30 p.m-Evensong

St. Alban's, Glen Williams

Rev. John Rathbone

The Parish of

Sunday, November 8th

Rev. J. E. Maxwell

Nov. 8 - Remembrance Sunday

PRESBYTERIAN

Knox, Georgetown lar form, and may be putyhay Minister Rev Alex J. Calder. Organist- Mrs. Edgar Gowland Almost everything you est to-Church School - 10 am.

Public Worship -- 11 am Limehouse

Church School 1 30 p.m. Public Worship 230 pm. Norval and Union

Rev G J. Royal Norval 1.50 pm Sunday School 230 am Divine Worship Union . Sunday School

UNITED.

Ditime Worship

St. John's, Georgerown Rev. M. G. McFaglane, B.A. Beginner' Sunda School 6.45 p.m. Praver service 7.15 pm Church service

St. Andrew's United

Special Mrs. C. Mount exercise Reed Oast . O. to . D.D. a or William of Worship and the waters Sun School

Norval Pastoral Charge Rev. Hoyd N. Freel B.A., B.D. Glen Williams

9 m Church service 10 00 a m - Sunday School Norval

10 15 a m - Sunday School 11#5 a m . Church service . 10 00 a m . Church service 1! 00 a m Sunda: School

Huttonville Rev. J. P. Ashada BACBD 10 00 am - Meadervale 11 30 am - Huttonville 230 pm - Churchville

BAPTIST

First Baptist Church Rev R L Whan BA BD Organist Mrs W Townend 10 00 am -Church School 700 pm - Evenin Worship 8 00 p m Wednesday - Prayer

Everyone Welcome

Delrex Mission of the First Baptist Church In the George Kennedy Pub-

Church School 945 am Worship Service - 11 am All Rights Reserved Adapted Rev R 1 Whan will conduct i You eat either too many of the the Money you Make " by Le. 1a communion service this Sun-

Grace Baptist

In IOOF Hall Rev Bruce Penne 9 45 a m. -- Bible school 11.00 am - Morning worship 700 pm - Evening worship

Christian Reformed Church Rev D C Los 9.30 am - Morning Worship

3 00 p.m .- Dutch Service

PENTECOSTAL HOLINESS

Zion Tabernacle . 95 Guelph Street gle and triple in the After- by Mrs. Bruce McCartney's Balls Rev. E. D. Thornton, Minister 9 45 a m - Sunday School 191 average is still tops there 11 00 a m - Morning Worship

> 7.00 om Evangelistic First Baptist Church Rev E J Whan will preach at the morning service Mrs Everett Jaquith of Chel . ----

> > STONE FORT

WMS of Cheltenham United: Lower Fort Garry, built in Church, Mrs. Jaquith will speak | 1831 to replace the original on her recent trip to England, Fort Garry near Winnipeg, had stone walls three feet thick

CHURCHES Club Champ Ron Kitchen 1960 Men's Golf Captain

This year's club champion, blazer for pro Kelly. The pres handicap champion Al Norton Ron Kitchen was named captain entations were made by Ted and runner up Alf Sykes. for the 1960 golf campaign Fenning and Jim Linton.

Country Club men's closing was also applauded.

In the post banquet presenta- Harv Chappel. nized the special efforts put in- Woods, C flight champion and handicap division. to their respective jobs during runner up Elmer Burt; A flight | Some 52 turned out for golf,

The trophy for golfer of the The work of Mrs. Tom Hut-Iday went to Elmer Burt for his when the North Halton Golf and chison who assisted the Spicers low net after nine holes. Jim Linton and Harv Chappel tied! was held at the clubhouse Sat- Divisional champions were for low gross and Ted Fenning urday. Also elected to office also up for awards. The North and Ron Kitchen tied for low

were Scotty Patterson. Vice Halton Golf and Country Class with handreaps from 1 to 10. captain, and flugh Dickie, treas- championship was presented Ben Matthews took low gross. urer. The handicap committee Ron Kitchen by Russ Kelly; and Bud Varey and Jack Hamilton is Stewart Young and Jim runner up, Ted Fenning, ac- 1st low net and Alf Sykes and cepted a presentation made by Bill Dwyer 2nd low net in the 11 - 22 class, and Lloyd Grozelle

lions, caterers Mr. and Mrs. Taking trophies in their re-icarded the low gross, George Dave Spreer and club pro Ross spective divisions were Duke Bent 1st low net, Graham Far-Kelly received standing ovations Wilson, B flight champion and nell 2nd low net and Russ from the members who recog- runner up Leigh Bradbury; Russ Fendley 3rd low net in the high

the season with gifts of lug- consolation winner Jack Hamil- 63 for dinner. Entertainment gage for the Spicers and atton and runner up Ted Bludd; consisted of golf films.

NEW SCHOOL IS HOST

Held this year for the first | Kelly won a \$25 : prize as seltime in the new Holy Cross ler of the winning ticket. Mrs. school, a bazaar sponsored by John Koloski, 11 Academy Rd. the Catholic Womens league was credited with selling the intermission Mrs. Fred Johnson

HOLY CROSS BAZAAR

proved a successful event on most tickets. Father Thomas officially op- At the program's conclusion Friday and Saturday. Mrs. George Hewson conventiened the bazaar on Friday The cookies and tea were served by ed the event and the various men of the parish assisted the the WI activities were directed by Mrs. ladies in operating a bingo John Koloski, delicatessen; Mrs. game and the boys of Notre Fred Tucker aprons and nee- Dame farm ably lent a hand in Minister Rev A'ex J Calder, dlework: Mrs. Stan Walsh re- setting up exhibits. Balloons freshments; Mrs. Ed Tvers, who and streamers were used for is president of the CWL, after-, decoration, with Mrs. Bob Brick moon tea; Mrs. Wilfred Lavoie, and Mrs. Harold Fobert i dolls Mrs Fred Masterman, charge,

touch and take Mrs. Bruce Wil- A baby doll lucky draw prize son, novelties; Mrs. H. E. Hand, was won by Mrs. Sid Hulme. children's games; Mrs. John Victoria St. and a quilt by Mrs. Pignatell fish pond, Mrs. Flor- G- Warren, 148 Prince Charles ence Curtis gifts: Miss Therese Drive St. Jean, relations articles; Miss.

Mahei Chay, home baking, Institute Views Three lacky people went home from the bazaar the richer Films of Member's Mr. J. Kelly, 40 Weber Dr. won Trip Abroad 40 Victoria St. and Reg Ryall, Glen Williams, \$50 each. Beth

EXPRESS BUSES

direct to

New Woodbine

RACES

OCT. 19th to NOV., 13th

Leave Georgetown

11.35 a.m.

Return After Last Race

Tickets and Information at

Corner Cupboard Restaurant

5. Wade, Agent, TR. 7-3051

NEW DIETARY

SUPPLEMENT

WAMPOLE

SOYA LECITHIN

SOYA LECITH

14 oz. \$5.95

AVAILABLE AT

ALL DRUG STORES

6 oż.

\$2.95

Mr. and Mrs. William Cromar, 51 Maple Ave., recently re-

an audience of about 100 last Friday night in Knox Church Hall. The evening was sponsored by the Georgetown WI.

Mr. Cromar handled projection and Mrs. Cromar narrated the slides which captured the scenic beauty of Holland, Ireland and England During an entertained at the piano

THE GEORGETOWN HERALD

Thursday, November 5th, 1959

Triangle Television AND RADIO SERVICE

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Fully Experienced Staff

Fast, Efficient Service to Appliances, TV Radio, Hi-Fi, Etc. ANTENNA AND TOWER INSTALLATION

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Bill McEnery Proprietor

TR. 7-2032 (collect if necessary)



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.

So every time you make a deposit you are like Tommy -- building toward something worthwhile for yourself, and at the same time keeping your dollars at work for the benefit of all.



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