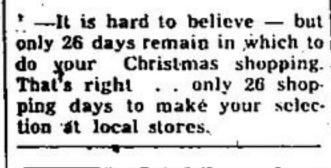
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STYLING



Bull in China Shop

Lummox types who have had to bear the "bull in a china shop" label given them by their more agile tormentors can bury their resentment. On Friday night a Tull grown bull owned

by Ward Brownridge, RR 3

say Cott gift shop in the Delrex Market centre and for every minute of his -half hour stay was the perfect gentle-

The bull was part of an ad-

vertising stunt staged by the

shop and from 7.30 til 8.00 p.m.

was the centre of concentration.

the subject of a weight gues-

sing contest won by John Eas-

dale of 50 Shelley St. Mr. Eas-

dale will receive a pair of lamps for submitting a guess of 83212 lbs. The bull weighed

The guest of honour was also

for plaza shoppers.

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QUARTER CENTURY MEMBERS

FOUR IEW MEMBERS of the Legion Quarter Century Club received their pins at a ceremony at Branch 120 Remembrance banquet. Left to right, Harry Purkins Bill Gibbs, Alf Collins and Ed Beerman are now proud possessors of the pins which signify 25 years of service to the organization. - Photos by Ed Peters.

Stry Alive Longer!

Step Inviting Hypertension!

y Letard Kerdel Installment Six

cookies, or a candy bar. "Beltr watch your weight.

ing a set drink out of

machine man wb doesn't want high blod pressure. When he developed an irritating cough coughing.

les. Gues we're on our feet too old and corroded pipes at a Scotsdale Shorthorns much-ort of an occupational particularly high pressure, the disease.

on his seer quota. All these several days, or there may be nett) of Georgetown, is conconvalocing

trying o tell me about diet?" before collapsing. ke askd.

"Diet can help you ease the although in some cases it is to be held at the International load or your enlarged heart," waxy-white. Breathing becomes in recent years. Seventy-five I told him. "Used as a preven- labored, the lips blowing out head of top quality stock is tive, did may, in time, alleviate and the cheeks flapping with being offered from twenty high bbod pressure." "Esential Hypertension" According to Dr. Edwin P. of the victims: The pupil of

hypertension, is not a single di- may appear lopsided. the arm sease. I is not a single disease and leg on one side may be D. W. Ambridge, president. because it may result from sev. more rigid or looser than on Abitibi Power & Paper Com eral diferent conditions."

including atherosclerosis, which dramatic. You may awaken to ham, Company Secretary, and Grodue, or are accompanied find an arm, leg, or even an the appointment of Craig Dick by, hish blood pressure. In all entire side, useless. Or you to the same office, effective instance the small arteries of may experience an unexplained last month. the body become narrow and difficulty in speaking. heart through narrower and you quate circulaton, blood must Does that still go."

To secure adequate nutrition the fatty tissues."

the is why a hypertensive should always get plenty of rest and What can you do with a proper nutrition. Otherwise, just as a starved man is unable; told the truth? Joe didn't have to do a day's work, the blood- ties or fiftes? Then stop and the sligtest idea that he had starved heart is unable to per- take stock of yourself. Are you In some cases of high blood than you should? Are you bebecause of the congestion in pressure the heart is enlarged ginning to get irritable, ex-

his lung, he labeled it "a little to the limit of its coronary hausted, and short of breath? backs up from the heart to Stop inviting hypertension! Till produce congestion in the

issues as well. It can happen to you

"High blood pressure is also World. one of the chief culprits causcondition is similar to that of can effect your state of mind . when they get old and corrod-; life or death. ed. Even the normal pressure Then his ankles began to of the water might cause them swell, be said: "Cops get flat to burst. But when the water Consign Three Ret. I's getting swollen ank- comes charging through the

pipes will burst sooner " Wher he became bloated he An impending stroke may decided he'd better cut down give you warning signs for. Scotsdale Farms is G Benwere dager signals, but Joe ig only a scant few minutes not signing 3 Shorthorn bulls to nored hem. Finally, his vo- ice before its onslaught. You the / International Shorthorn miting sent him to the hospi- may experience headache, diz- Sale being held in Chicago, tal, where they told him he ziness, ripging in the cars, Thursday, December 3rd, durhad congestive heart failure. I numbness of the limbs, and nau- ing the International Livestock went to see him while he was sea. You may lose conscious. Show. ness suddenly, often after com-Wha was that you were plaining of a violent headache of the American Shorthorn As-

finitely evident in a majority States and Canada. Jordan, of Charlottesville, Vir one eye may be more contract SECRETARY ANNOUNCED ginia, High blood pressure, or ed than the other, the face

Ther are several conditions, | Cerebral thrombosis is less retirement of Laurence B. Pop

harrover channels. This makes "I don't mind admitting," Joe pany's history the pressure correspondingly said, "that I'm scared. You: Mr. Dick, formerly Assistant higher since, to maintain ade told me once I should reduce. Secretary and Office Manager.

be expelled from the pumping! "That's more important than and assumes his new responsheart chambers with greater ever now, Joe," I said "Weight ibility after many years of seris a big factor in determining vice in the executive offices of

University of Washington Sammy Cox Guest at CCA "School of Medicine, did a lot of research on why and how fatty tissue shortens the lives of Presentations Last Week

overweight persons. "He discovered that the Sammy Cox is a personable! They are to be commended for heart pumps blood through Scotsman, thirtyish and balding, the way they played the game." the vital organs about ten who looks more like your groc. . Receiving crests for being times as fast as it does through er than a professional soccer chosen to the league's all star the muscles and fatty tissue player. But ask any follower of 'team were Tony Drenters, Bud-As the ratio of fat in the body Pold country soccer who spark- dy Lauppe. and Barry Shepincreases, there is a decrease led for the world famous Glas- pard. Johnny Adams, the capthis extra load of work is add- in the rate at which the blood gow Rangers a few years back tain of the champion Atoms reed to the demands of everyday; moves through the body. The and they'll point to the same ecived the trophy for his club, living, the heart has to make fatter you get, the less blood Sammy Cox. He currently plays and the trophy for the local JOE ARTER, a big stocky adjustments. It enlarges to you have to circulate around. for Toronto Sparta. man oprates the filling stat- meet its extra work load, some in proportion to your body. The left back who represented cepted by the Ranger captain ion in ur neighborhood. Every times to such a degree that weight. With proportionally his country soccer wise in Inter- Ed Silvers. Crests also went to time I copped for gas he would the heart, with its fixed blood less blood to circulate, the national Cup play against Eng. members of the Atom Hearts be muching something: a supply, cannot furnish nutrit heart has to pump harder to land and Ireland, and against and the Bantams who fell short fried himburger, a hot dog, ion and oxygen to any more send the blood to the many other European countries in the of the title despite a creditable continental league, was guest of effort in their first year in the miles of added capillaries in

"Joe," Iwarned him when I and oxygen when its pumping. Joe said, "When I'm able to first neiced his shortness of job mounts, the heart calls go back to work again, and you this reserve is used sparingly, one long look at me, then you'll "Sure sure." Joe said, tak the heart can carry on. This sort of smile and say, 'Fill'er up

> Take Stock of Yourself Are you in your thirties, forcarrying around more weight

touch a bronchitis." The veins blood supply. Then it is no. Then it's time to slow up in on his neck stood out. He longer an efficient pump. De your work. Give up some of thought it was because of his pletion of the cardiac reserve your ambitions. Tone down causes the heart to become your aggressiveness. Cut out fatigued and undernourished, your tendency to run everythis condition resulting in con-thing and everybody. Get-rid gestive heart failure Blood of your executive paunch \? head soccer coach, Bert Shep

> lungs, and it onzes into the All Rights Reserved Adapted from the book, "Live to Enjoy the Money You Make", by Lel ord Kordel. Published by

ing strokes." I told Joe "along Next Week: The High Cost with hardening of the arteries. of Mind-Caused Tension -When both are present, the How you work, how you play, the water pipes in your house your health, determine your

To Chicago

Kenneth R. Fulk, secretary sociation, said this will be one Generally the face is flushed, of the largest Shorthorn Sales each expiration. Paralysis is de 'seven herds in the United

AT PROVINCIAL PAPER

pany, Limited, announced the

Mr. Popham has had a long constricted. The same volume! These things can happen 40, and prominent association with of blood is pumped by the anyone. They can happen to Abitibi, which dates back to the early years of the com

becomes Company Secretary Thei what happens? Whele the progress of high blood pres the company.

night at the arena Monday night front for recognition, joining where he spoke to some seven. the coaches George Dixon, Heinz breath. 'Cut down on the fats upon its cardiac reserve. If drive in for gas, you'll take ty energetic soccer and baseball Richter, Sid Pratt and Rev. players and their proud fath. Lloyd Whan. Ulif Norton handled the baseers following a presentation of hall end of the program and trophies and crests. The proawarded the McCormack Memgram was chaired by the secreorial Trophy to the captain of tary of the Community Centre the peewee team, Wayne Day-Association, Roy Warwick.

honour at Community Centre league were also called to the

Accompanying Mr Warwick and Sammy Cox on the stage were Mayor Armstron T. Cr. Fred (Tut) Harrison, the president of the Oakville and Dis trick Minor Soccer Association Jim Edmundson; the president of the Community Centre Asso ciation John Hole, Soccer commissioner John Boyd, baseball commissioner Cliff Norton, and

Prior to the presentation of awards the mayor praised the organization for "building some thing out of an idea." With regards to the boys he said "I'm . proud of the fact they played to win and they played clean

CONCRETE GRAVEL BUILDING SAND ROAD GRAVEL FILL and TOP SOIL

STONE WORK

A film was followed by a

question and answer period and

short address to the boys by

Sammy Cox and a buffet lunch

little league winners was ac-

TOM HAINES Glen Williams - TR. 7-3302



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