

Bull in China Shop!

Lumoz 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, Georgetown, entered the Laidlaw Coat gift shop in the Delux Market centre and for every minute of his half hour stay was the perfect gentleman.

The bull was part of an advertising stunt staged by the shop and from 7.30 till 8.00 p.m. was the centre of concentration for plaza shoppers.

The guest of honour was also the subject of a weight guessing contest won by John Easdale of 50 Shelley St. Mr. Easdale will receive a pair of lamps for submitting a guess of 832½ lbs. The bull weighed 820.

—It is hard to believe — but only 26 days remain in which to do your Christmas shopping. That's right — only 26 shopping days to make your selection at local stores.

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QUARTER CENTURY MEMBERS

FOUR NEW 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.

Stay Alive Longer! Stop Inviting Hypertension!

By Lelord Kordel, Installment Six

JOE CARTER, a big stocky man operates the filling station in our neighborhood. Every time I topped for gas he would be munching something: a fried hamburger, a hot dog, cookies, or a candy bar.

"Beltr watch your weight, Joe," I warned him when I first noted his shortness of breath. "Cut down on the fats and starches."

"Sure sure," Joe said, taking a sip of drink out of the machine.

What can you do with a man who doesn't want to be told the truth? Joe didn't have the slightest idea that he had high blood pressure. When he developed an irritating cough because of the congestion in his lungs, he labeled it "a little touch of bronchitis." The veins on his neck stood out. He thought it was because of his coughing.



Then his ankles began to swell, he said: "Cops get flat feet. I'm getting swollen ankles. Guss we're on our feet too much—sort of an occupational disease."

When he became bloated he decided he'd better cut down on his beer quota. All these were danger signals, but Joe ignored them. Finally, his vomiting sent him to the hospital, where they told him he had congestive heart failure. I went to see him while he was convalescing.

"What was that you were trying to tell me about diet?" he asked.

"Diet can help you ease the load on your enlarged heart," I told him. "Used as a preventive, diet may, in time, alleviate high blood pressure."

"Essential Hypertension"

According to Dr. Edwin P. Jordan, of Charlottesville, Virginia, "High blood pressure, or hypertension, is not a single disease. It is not a single disease because it may result from several different conditions."

There are several conditions, including atherosclerosis, which produce, or are accompanied by, high blood pressure. In all instances, the small arteries of the body become narrow and constricted. The same volume of blood is pumped by the heart through narrower and narrower channels. This makes the pressure correspondingly higher since, to maintain adequate circulation, blood must be expelled from the pumping heart chambers with greater force.

What happens? Why

sure, Dr. D. D. Feller, of the University of Washington School of Medicine, did a lot of research on why and how fatty tissue shortens the lives of overweight persons.

"He discovered that the heart pumps blood through the vital organs about ten times as fast as it does through the muscles and fatty tissue. As the ratio of fat in the body increases, there is a decrease in the rate at which the blood moves through the body. The fatter you get, the less blood you have to circulate around in proportion to your body weight. With proportionally less blood to circulate, the heart has to pump harder to send the blood to the many miles of added capillaries in the fatty tissues."

Joe said, "When I'm able to go back to work again, and you drive in for gas, you'll take one long look at me, then you'll sort of smile and say, 'Filler up—Skinny!'"

Take Stock of Yourself

Are you in your thirties, forties or fifties? Then stop and take stock of yourself. Are you carrying around more weight than you should? Are you beginning to get irritable, exhausted, and short of breath? Then it's time to slow up in your work. Give up some of your ambitions. Tone down your aggressiveness. Cut out your tendency to run everything and everybody. Get rid of your executive paunch! Stop inviting hypertension!

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Next Week: The High Cost of Mind-Caused Tension — How you work, how you play, can affect your state of mind — your health, determine your life or death.

Sammy Cox Guest at CCA Presentations Last Week

Sammy Cox is a personable Scotsman, thirtyish and balding, who looks more like your grocer than a professional soccer player. But ask any follower of Pold country soccer who sparked for the world famous Glasgow Rangers a few years back and they'll point to the same Sammy Cox. He currently plays for Toronto Sparta.

The left back who represented his country soccer wise in International Cup play against England and Ireland, and against other European countries in the continental league, was guest of honour at Community Centre night at the arena Monday night where he spoke to some seventy energetic soccer and baseball players and their proud fathers following a presentation of trophies and crests. The program was chaired by the secretary of the Community Centre Association, Roy Warwick.

Accompanying Mr. Warwick and Sammy Cox on the stage were Mayor Armstrong, Cr. Fred (Tut) Harrison, the president of the Oakville and District Minor Soccer Association, Jim Edmundson; the president of the Community Centre Association John Hole, Soccer commissioner John Boyd, baseball commissioner Cliff Norton and head soccer coach, Bert Sheppard.

Prior to the presentation of awards the mayor praised the organization for "building something 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."

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Consign Three Scotsdale Shorthorns To Chicago

Scotsdale Farms (S. G. Bennett) of Georgetown, is consigning 3 Shorthorn bulls to the International Shorthorn Sale, being held in Chicago, Thursday, December 3rd, during the International Livestock Show.

Kenneth R. Fulk, secretary of the American Shorthorn Association, said this will be one of the largest Shorthorn Sales to be held at the International in recent years. Seventy-five head of top quality stock is being offered from twenty-seven herds in the United States and Canada.

SECRETARY ANNOUNCED AT PROVINCIAL PAPER

D. W. Ambridge, president, Abitibi Power & Paper Company, Limited, announced the retirement of Laurence B. Popham, Company Secretary, and the appointment of Craig Dick to the same office, effective last month.

Mr. Popham has had a long and prominent association with Abitibi, which dates back to the early years of the company's history.

Mr. Dick, formerly Assistant Secretary and Office Manager, becomes Company Secretary and assumes his new responsibility after many years of service in the executive offices of the company.



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Georgetown Branch: W. F. Bassett, Manager