

Sauna Bath, Multi-Gym Features at New Club

"Melt pounds away, the Alpine way," could well be the slogan of the newly-opened Alpine Recreational Health Club at 12 Wesleyan St. owned and operated by Mr. and Mrs. Tony Martin. You literally can melt them away in the cedar lined sauna bath, where rocks heated by an electric oven, then sprayed with water, combine to make you like "After" in the "before and after" ads.

However, there's a catch to it, you have to do some work as well, before you are allowed the luxury of the

sauna bath. Not the old grimaced type exercises, but fun on fancy new equipment. While automation has crept in here too, it is still muscle power that propels the rowing machine, the bicycle, arm-stretching devices and even weighted shoes.

As you row, row, row your boat, the allotted five minutes for beginners seems much longer as the arm and leg muscles protest. On to the bicycle, with memories of daily warring up hill and down dale with a heavy load of a pull, but this

we have changed, it seems... They're not making bicycles as easy to pedal as they used to. Undaunted, the tension is increased to simulate uphill pedalling, then you know why they called it the Alpine club.

A "multi-gym" is next on the list. This is a couch like affair, with ropes from your ankles, around little wheels, then down to your hands. As you pull on the handles you raise and lower your legs. It was developed and approved by the College of Chiropractic, according to Mrs. Martin.

The multi-gym is claimed to operate, and no one who has used it would dispute it.

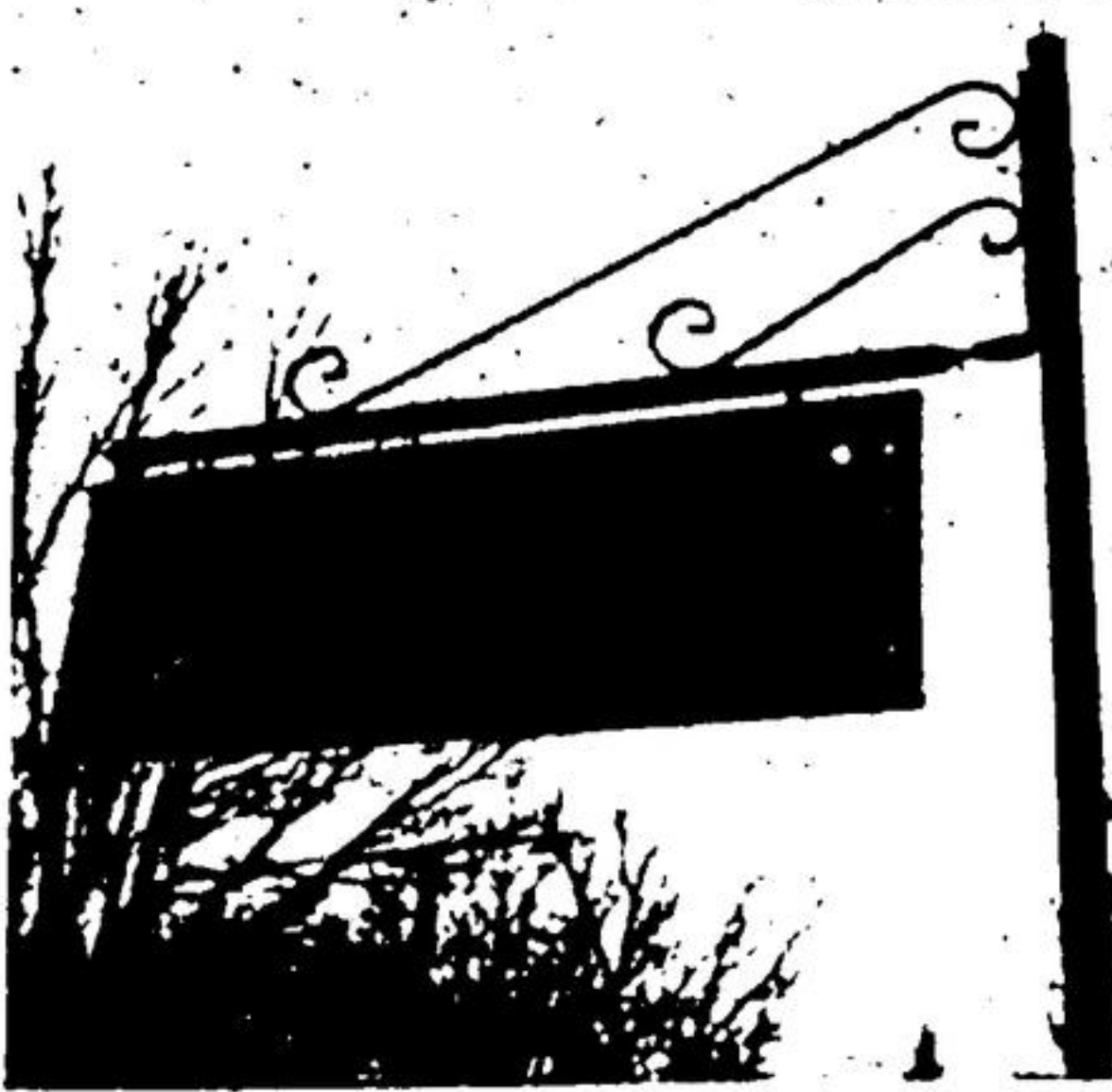
The next one, the vibrator, does all the work, you just stand there and shimmy, shake, twist or do the watusi, while the vibrating belt takes down the hips, tummy or thighs.

There are many other gadgets for arm and shoulder development, but the lure of the sauna bath takes you down to the most heat you can take as long as you want, then back to a cold shower.

While tending from the shower you lie down and rest on beautiful foam rubber couches, where you can snooze for a while if you wish.

A masseur's table is now being installed, where you can be pummelled into shape, and a sun lamp is on order, so you can look like you've been to the Bahamas.

Unlike the golf clubs, there are no mixed days. It is ladies' day Monday and Thursday, and the men have the other days.



OUTSIDE THE NEW Alpine Recreational and Health Club on Wesleyan St. this sign greets the weary visitor.



INSIDE ARE MANY conditioning devices including these exercis machines.

Scores Public Apathy to Hospital Annual Meeting

Last Thursday evening the annual meeting of the Georgetown and District Memorial Hospital was held in the Wrigsworth auditorium. The meeting, called for 8:00 p.m., was very poorly attended with less than thirty people present.

The President of the Association, John T. Armstrong, presided. "While welcoming you all to this annual meeting, I find it somewhat disappointing to have such a small turnout," he stated. "However on behalf of the Board of Directors, I deeply appreciate your attendance and hope you will find our meeting interesting and informative."

approved, the chairman asked Douglas V. Latimer to explain the sections applicable to the meeting. Mr. Latimer is hospital solicitor. The by-law amendments were passed almost unanimously.

The election of directors was then conducted by Mr. Latimer and the following were elected for three years terms: Campbell Sinclair, Terry Haines, Magistrate John Ord and Leslie M. Clark.

The business portion also included a report from Administrator Fred Whitaker and the Board Chairman. A film was shown pertaining to hospital administration.

Coffee and cake ended the evening.

As a number of by-law changes were to be reviewed and

AMBULANCE RUNS

The Georgetown Volunteer Ambulance Service had three calls in the week of February 28th to March 6th.

Wednesday, March 3rd: 7:10 p.m. A normal transportation from Georgetown to Georgetown Hospital. Taken by G. Cozens and R. Bradley.

Thursday, March 4th: 4:30 p.m. A normal transportation from Georgetown to Georgetown Hospital. Taken by A. Bailey and J. White.

Saturday, March 6th: 2:15 p.m. A normal transportation from Georgetown to Georgetown Hospital. Taken by D. Tucker and M. Bastedo.

Won't Replace Garbage Cans Battered by Snow Ploughing

A request from W. Cox, 38 Stevens Cres. that his garbage cans, smashed by the snowplough, be replaced, was turned down by Council Monday night.

Councillor R. Francis admitted the same thing happened on his street, but felt the people took it as a joke. "Mr. Cox should either do the same or make a claim," added Councillor Francis.

Not viewing it as lightly, Councillor W. Smith urged that the matter be brought to the attention of the town foreman. "I don't think the plough should spray garbage cans over the lawn," he remarked, "it's time somebody was reprimanded severely."

"It was just one of those things," according to Coun. J. Young, the snow came on garbage day, the garbage trucks couldn't get out early because of the snow, what are you going to do? Should the man on the plough get out and move each garbage can?" he demanded.

The matter will be brought

Local Shorthorn Breeder Sells Stock in Brandon

Georgetown Shorthorn breeder S. G. Bennett received \$4,200 for three bulls at the Canadian International Shorthorn Bull Sale at Brandon, Manitoba.

Mr. Bennett was one of many consignors who brought bulls all the way from Nova Scotia in the East to the Peace River area in the northwest, as well as five U.S. states.

The Georgetown bulls were purchased by W. J. Boake of Acme, Alta.; J. G. Lynch of Gilbert Plains, Man.; and L. Parobec of Angus, Manitoba.

Feature of the sale was the price of \$5,000 paid for the grand champion and incidentally the youngest bull in the sale. This was the white Retall Mister Louis, consigned by Louis and Carroll Latimer of Olds, Alberta. He was purchased by Ray Parks and Son of Butte, South Dakota. This was the highest price received in the four year history of the sale.

CALDWELLS OPEN 2ND IGA STORE

Owners of the local IGA Foodliner, Bob and Ed Caldwell have acquired a second business in Oakville.

They opened their new Kerr IGA Supermarket there a few weeks ago.

Douglas McGillivray, 8 Guelph St. is manager of the new store. A student at Ryerson Institute for the past two years, he has worked summers and week-ends at the Georgetown store. His brother Ross is manager of the Rite-Way Discount Groceries at Peterborough.

Bob Caldwell and son Ed have operated the IGA store here for over ten years. Before that Mr. Caldwell had a Main St. grocery store in what is now the United Gas Office. He also operated a restaurant business downtown at one time.

COUNCIL BRIEFS

Council granted two more taxi licenses Monday night - a driver's and owner's license was granted to James C. Hill of Glen Williams, and a taxi driver's license was granted to Bruce Leonard of McIntyre Cres.

With regret, Council accepted the resignation of Richard Lucata from the Parking Authority, effective March 6th.

Permission was granted to J. B. Mackenzie Ltd. to erect a hanging sign, provided it does not project over the roadway.

M. Sellers, Secretary Treasurer of the Educating Retarded Children's Association Authority informed council, by letter, that Georgetown's share of the cost of the Sunshine School would be \$1371 this year. The figure is arrived at by a charge of \$1.50 per attendance day, in this case, 914 days at \$1.50. The province and the township cover the rest of the costs.

Difficulty in finding plumbing inspectors may force the Halton County Health Unit to discontinue plumbing inspections, council were informed. "What will happen then?" wondered the mayor. "We'll have to cross that bridge when we come to it," replied Reeve Elliott.

In a Health Unit report, it was shown that water from ten different locations in town had proven to be satisfactory. "None of the locations are in the extreme east end, as we requested," commented the Reeve.

By by-law Miss Betty Johnson was appointed deputy clerk of the town.

NORVAL

Brampton Laymen Have "Retreat" In Norval

A group of laymen from St. Batholomew's United Church, Brampton, held a retreat in Norval United Church on Saturday, March 6th. The ladies of Norval U.C.W. served coffee and muffins in the morning, dinner at noon and tea and cookies in the afternoon. About 22 attended. Rev. R. Irwin and Mr. Harold Lyons, Clerk of the Session, were guests at the dinner.

The Norval Ladies Association for Scouts and Cubs held a meeting at the home of Mrs. R. Phillips, Georgetown, on Monday evening March 1st. Mrs. Don Murray, president, was in the chair. The main item of business was plans for the Fun Fair sponsored by the L.A. which will be held in the Parish Hall on Saturday, March 13th. The Fun Fair will include fun for all, a tea room, Bake Sale, Fish Pond, White Elephant Table, etc.

This is the first Fun Fair sponsored by a new organization in support of the Norval Scouts and Cubs. Give them your support by attending and participating in the fun planned for you. They hope to be able to make this a yearly affair.

Miss Patricia Maguire returned home from her visit to Rhode Island on Saturday, March 6th. She left for the visit on the same day that she was released from the Georgetown Hospital where she had made an amazing recovery from a broken hip. She travelled by Air Canada and was met at all points with a wheel chair and attendant. She enjoyed her visit with her cousin, Miss Marjell Cormack, who is head of the Roger William Park Museum in Providence, R.I. Her niece, Miss Grace White, a missionary from Hong Kong, was visiting there at the same time.

Monday, May 8, 1967, will be World Red-Cross Day at EXPO 67. The date honours the birthday of Henri Dunant, founder of the Red Cross.

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PRICES EFFEC. MAR 10, 11, 12, 13

IGA PINK LIQUID DETERGENT	2 24 oz. size	88¢
IGA FOILWRAP	3 25 ft. rolls	88¢
JELLO INSTANT PUDDINGS	6 7oz. size	88¢
SAICO Orange Juice	2 48 oz. tins	88¢
EVAPORATED IGA MILK	6 11 1/2 tin	88¢
Mild Cheese	2 12 oz. cuts	88¢

COMBINATION OFFER!

IGA Potato Chips	14 oz. pkgs.	both for 88¢
Kraft Chip Dip	8 oz. ctn.	88¢

Hollandia Grandmother Sugar Cookies 3 pkgs. 88¢

UNHEARD OF PRICE THIS SEASON: LESS THAN 5¢ EACH Florida Marsh Seedless

GRAPEFRUIT 18 for 88¢

Ex. Jcy., Recd. Del.

BC Apples 6 for 39¢

Pr. of USA, Can. 1

B'ch Carrots 2 for 29¢

Delicious - Easy to Peel

Jaffa Oranges 6 for 69¢

SPY APPLES 6QT BASKET C GRADE basket 79¢

FRESH MUSHROOMS 39¢ lb

5 Loaves IGA Bread 88¢

IGA CHOICE PEAS 7 15 oz. tins for 88¢

IGA Beans & Pork 7 15 oz. tins for 88¢

RASPBERRY or STRAW IGA JAMS 2 24 oz. jars for 88¢

CHOICE IGA PEACHES 4 15 oz. tins for 88¢

INSTANT IGA COFFEE 1 8 oz. jar for 88¢

YOMATO IGA CATSUP 5 15 oz. jars for 88¢

We Reserve the Right to Limit Quantities

LEAN, MILD CURED - PEAMEAL

COTTAGE ROLLS 43¢ lb

Whole or Half

Special 88¢ Combination Offer!

One 1 lb. pkg. Yablonski's Wonders all for 88¢

One 1 lb. pkg. Yablonski's Side Bacon One 6 oz. pkg. Yablonski's Bologna

Tasty & Nutritious SMOKED Fillets 39¢ lb

MIX 'EM or MATCH 'EM LIBBY FROZEN POLY Peas - Mixed Vegetables - Corn or Peas and Carrots 5 12 oz. bags 88¢

LUCKY IGA SHOPPER MRS. V. RUTLEDGE 174 Guelph St. - \$23.79

SAVE THESE BONUS TAPES FOR FREE GIFTS or EATON MERCHANDISE CERTIFICATES

Receive an Extra \$10 Tape with BEEKIST WHITE HONEY 2 lb. sz Flaxey Fabric SOFHYNER 64 oz. sz

Receive an Extra \$6 Tape with Sugarine Igs. PRUNES 16 oz. pkg

Receive an Extra \$4 Tape with MONARCH Cake 2 tenoz. MIX pouch paks

Receive an Extra \$2 Tape with PRZ. COD FILLETS 40 Pat. pkg.

MINCED BEEF freshly grind. pkg. COOKING Can. No. 1 Grade ONIONS 1 lb. bag



Bakery Features Hospitality Pumpkin PIE each 45¢ Hospitality Tiramisu DONUTS 2 - 45¢ (pkg. of 18) Donator's Date YUMOVER 31¢ (pkg. of 9)



Claim Apartment Building Without Created Without Building Permit

Alterations to the building which housed the Brewer's Retail Store caused some heated discussion at Council Monday night.

A motion presented by Coun. Young authorizing the Zoning Administrator to take any legal action necessary to see that the building and zoning by-laws were adhered to by G. R. Muckart in his renovations was finally withdrawn for a week, when cooler heads felt they should hear Mr. Muckart's side of the story.

Councillor Young claimed that Mr. Muckart had gone ahead and built an apartment in addition to office space, without a permit for the apartment. He pointed out that an apartment above a commercial establishment contravenes the by-law.

Town Purchases New Audit Billing Machine

Council authorized the purchase of an Underwood audit billing machine, Monday night, not at the \$1385 price on the original motion, but at \$1305, eighty dollars less on an amended motion.

Councillor D. Powers claimed he had received a verbal quote did not constitute an authorized quotation, but was willing to go along with the others if they could save eighty dollars by amending the motion. They felt they would try it, and leave it up to the company to accept or reject the offer.

"I agree wholeheartedly," said Coun. W. Smith, "we should back our Zoning Administrator."

"The problem lies in the fact we have no provision for apartments over commercial establishments," explained Coun. B. Francis.

"Sometimes there's two sides to every story," commented Reeve Elliott, "let's have Mr. Muckart appear here!"

The mayor agreed with this motion. The motion was withdrawn until Mr. Muckart can be heard.

Bus Schedule For Town Runs Monday to Friday

Leave B.A. for Uptown	Leave Down-Town Depot
9:10 a.m.	7:40 a.m.
10:00 a.m.	11:00 a.m.
2:00 p.m.	2:30 p.m.
5:20 p.m.	4:30 p.m.
7:00 p.m.	

Route to and from Down Town Depot, Main St., Maple Ave., Guelph, Mountainview, Plaza, Sinclair, Duncan, Weber, Delrex, B.A., No. 7 Hwy., Norval.

FARES: Students 10¢ - Adults 20¢ (on Town Schedule run)

All tickets are 20¢ fares and when used by students a 10¢ cash refund will be given

Tickets can be used on any part of daily runs to and from Malton airport as part of fare

This schedule is temporary and can be added to when required.

Georgetown Transportation Co. Ltd. 877-2251

11 Mountainview Rd. S.

Attention Bird Fanciers!

We have wild bird feed mixture and Sunflower Seed available in bulk quantities

We also have good supplies of ice salt, water softener salt, Master rabbit pellets and Master dog food

We sell and recommend **MASTER FEEDS**

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