



This brown and white Holstein heifer is one of a breed Laura Marshall is familiar with. As Halton Dairy Princess and a contestant in the Ontario Dairy Princess pageant.

## Halton Dairy Princess seeks Ontario crown

Laura Marshall is heading into the Ontario Dairy Princess competition at the Canadian National Exhibition with an edge this year.

The 22-year-old rural area resident was in the same position three years ago and that experience has boosted her confidence.

"I'm looking at it more realistically this time," she said in an interview last week.

She has just completed a summer cooperative semester which left only two weeks to prepare. The two-time Halton Dairy Princess is studying business administration at Wilfred Laurier University

and will begin her fourth and final year of study next year.

Preparation for the competition includes writing six speeches covering various aspects of dairy farming and its product.

The last time Laura competed she had only four speeches to compose.

The final contest is Wednesday, August 29. It begins at 11 a.m. but will not open to the public until 6 p.m.

The Halton representative is currently a member of Halton Junior Farmers and has participated in several 4-H Clubs including the dairy club.

# WORK THAT BODY

FITNESS PROGRAMS INC.

Take the 'work' out of working out!  
Our total shape up program is the safe, simple and fun way to stay fit.  
Check out how easily our schedule can fit with yours.

OPEN:  
Mon. to Fri. 7 a.m. - 10 p.m.  
Saturday 9 a.m. - 1 p.m.

\* After Thanks giving Sat. & Sun. 10-4 p.m.

NOTE: Weight training available to members during all business hrs.

## The Fun Way To Fitness

### Fall Class Schedule

Mon. & Wed.	Tues. & Thurs.	Fri.	Sat.
7:00 - 7:30 Stretch 7:30 - 8:00 Stretch 9:15 - 10:15 Aerobics 10:30 - 11:30 A. Dance 12:00 - 12:30 Stretch 12:30 - 1:00 Stretch 1:15 - 2:15 Pre/Post Natal Class 2:30 - 3:30 Aerobics 4:00 - 5:00 Aerobics 5:30 - 6:30 Aerobics 6:30 - 7:30 Healthy Back 7:30 - 8:30 A. Dance 8:30 - 9:30 Aerobics	7:00 - 7:30 Stretch 7:30 - 8:00 Stretch 9:15 - 10:15 Healthy Back 10:30 - 11:30 Aerobics 12:00 - 12:30 Stretch 12:30 - 1:00 Stretch 1:15 - 2:15 Aerobics 2:30 - 3:30 Open 4:00 - 5:00 Aerobics 5:30 - 6:30 Aerobics 6:30 - 7:30 Pre/Post Natal Class 7:30 - 8:30 Jazz * 8:30 - 9:30 Aerobics * subject to class size	7:00 - 7:30 Stretch 7:30 - 8:00 Stretch 9:15 - 10:15 Aerobics 10:30 - 11:30 A. Dance 12:00 - 12:30 Stretch 12:30 - 1:00 Stretch 1:15 - 2:15 Aerobics 2:30 - 3:30 Aerobics 4:00 - 5:00 Aerobics 5:30 - 6:30 Aerobics 7:00 - 8:00 Aerobics	9:00 - 10:00 Aerobics 10:00 - 11:00 Aerobics 11:00 - 12:00 Jazz * 12:00 - 1:00 Ballet * 2:00 - 3:00 Aerobics (AFTER THANKSGIVING)
			Sun. (AFTER THANKSGIVING) 10:00 - 11:00 Aerobics 11:30 - 12:30 Aerobics 2:00 - 3:00 Aerobics

BABYSITTING is available weekdays, 9 a.m. - 4 p.m. \$1/hr.

\* subject to class size

Acton Travel Ltd.  
56 Mill St. E.  
P.O. Box 102  
Acton, Ont.  
L7J 1H3  
853-3580

TO ALL OUR CUSTOMERS

We at Acton Travel Limited would like to thank you for all of your patronage, loyalty and friendship you have given us over the past six years.

Now, with our new affiliation with the Olde Hide House, we feel that with the resources of both, it will enable us to increase our volume of sales. We feel that this will result in a more favourable position to make available to you, the customer, bigger and better savings, while upholding our same courteous, professional and personalized service.

We will be looking forward to seeing you in the near future.

Remain,  
*Rick Bonnette*  
Rick Bonnette  
President

*Elaine Petkoff*  
Elaine Petkoff  
Manager

Join Us For A —

# FREE DAY!

Sept. 12th

Try Out Our Classes And New Facilities

- \* sunbathing room
- \* weight training
- \* sauna
- \* showers

Register Now for SPECIAL OPENING RATES UNTIL SAT. SEPT. 15

Regular Rates (effective Sept. 17):

Full Membership ..... \$99 (3 mos.)  
Aerobics Only (2 classes/wk) ..... \$65 (3 mos.)

## WORK THAT BODY

Call or drop in!  
232 Guelph St. 877-0771  
(Beside Royal Bank, downstairs)  
Georgetown

# WE MUST MAKE ROOM FOR THE 1985's

84's IN STOCK NOW AND PRICED TO SELL ARE:

**2**  
CELICA'S

**3**  
TRUCKS

**4**  
CAMRYS

**3**  
SUPRAS

**2**  
VANS

PLUS  
"16"  
USED CARS  
TO CLEAR

**2**  
COROLLAS

**5**  
TERCELS

**2**  
GRESSIDAS

OH-WHAT FEELINGS TOYOTA

TOYOTA DEALER APPROVED USED CAR SPECIALS

*We Care*

COMPLETE SERVICE FACILITIES FOR IMPORT AND DOMESTIC CARS — LOW LOW CHARGES —

SERVICE & PARTS OPEN 8 a.m.-6 p.m. MON.-FRI. 8 a.m.-8 p.m. THURSDAY

AT THE HOME OF THE PRICE BEATERS

# GEORGETOWN TOYOTA

343 GUELPH STREET, GEORGETOWN

877-2296 Hwy. No. 7 at Armstrong Avenue 877-2297

LEASE RATES ON REQUEST