



ART MCKANE HEAD UNITED BREEDERS

The executive of United Breeders Inc. was elected at the first meeting of 1970 directors. Seated left to right are Craig Reid of Milton, Past President; Jack Gilchrist, Guelph, president; Art McKane, Georgetown, vice-president. Standing, left to right are executive committee members, Lloyd Brown of Chesley, Jack Gillespie of Galt and Russ Thompson, Orangeville. All together, United Breeders Inc. has fifteen breeder directors from across midwestern and central Ontario, plus sire committeemen who advise on bull selection, etc.

CHATting with MARY BIEHN

Lose Five Pounds
And Gain a Wardrobe

I've got the sure symptom of a cure — that empty, growly, feeling amid-ship that tells me I'm putting less into my tummy than it's accustomed to. It's the only surefire way of getting rid of extra weight, and believe me, for a person as fond of their fodder as I, it ain't easy.

I know that overweight can be a health problem, but mine hasn't got to that point yet. It's still at the hurt vanity stage. When I found that a favourite dress could only be worn while I was standing up, I did a double take . . . from mirror to bathroom scales. Ye gods.

SO, STEERING clear of diet pills, I've been trying to think, and fool myself, into losing the avoidupis.

FIRST OFF, I punished myself by not even mentally trying on one thing advertised in all those terrific January clothing sales. What fits you now, my girl, will certainly be hanging in bags six weeks hence, I muttered, passing up all those chances to save money, growly, feeling amid-ship that tells me I'm putting less into my tummy than it's accustomed to. It's the only surefire way of getting rid of extra weight, and believe me, for a person as fond of their fodder as I, it ain't easy.

THINKING THIS is very necessary for dieters, too, that has its drawbacks, too. For me, anyway, I find it involves thinking about food twice as much as normally, thereby stimulating my interest in direct proportion. There must be a psychological way to dodge this, but I've yet to discover it.

So, I'm off to the stores at the earliest possible opportunity . . . Could be I'm still in time to pick up a bargain or two, now that I've slimmed down to my normal ten pounds overweight!

TRUBLE IS, my appetite, which probably leads directly to another trouble — my fondness for cooking. So, I've taken to preparing meals I don't much care for. I should be ashamed to admit it, but I just can't sit nibbling on a lunch of lettuce and cottage cheese when the rest of the family is tucking into juicy hamburgers or some other gourmet fare.

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Wrecked Signs
Youths Fined

Two 17 year old Georgetown youths were told by Judge M. J. Cloney, Wednesday, that in pushing over street signs in Georgetown on November 6 they had endangered the lives of many people. They also left themselves open to prison terms up to 14 years.

The pair pleaded guilty to committing mischief by pushing over four stop signs with the front of a car. Damage to the signs amounted to \$107.54.

ON BAIL

One of the accused, with no previous record, was assessed a fine of \$200. The other, on probation resulting from a breaking and entering charge in June, 1969, was placed on personal bail of \$1,000 until May 29, when sentence will be handed down conditional on his conduct in the meantime.

County Would Host
'74 Plowing Match

Halton's chances of hosting the 1974 International Plowing Match may not be known for another year yet.

Last week a committee from the Halton Plowmen's Association and Halton County Council asked the Ontario Plowmen's Association to hold the '74 match in this county. According to Jack Taylor of Burlington, the secretary of the Halton group and first vice-president of the OPA, the final decision may not be made until next year.

OPPOSITION

Halton received stiff opposition from Ontario County in its bid to host the '74 match. Ontario had the match there in 1956 but three residents of that county are on the OPA's board of directors and the 1956 site is still available, said Mr. Taylor. "I'd say we have a 50-50 chance," he added. Halton has never yet hosted the big Ontario match.

Warden Allan Day and Mr. Taylor issued the invitation on behalf of Halton.

Product Development
Subject for Clinic

Jim Snow, MPP for Halton East announced this week that the Ontario Department of Trade and Development Industrial Development Branch will sponsor a product development clinic in Halton County.

The purpose of the program is to assist manufacturing companies in their efforts to improve productivity and meet the challenges of increasingly competitive domestic and international markets.

SERVE INDUSTRY

This clinic is scheduled to serve the interests of industry located in the counties of Halton and Peel. It will be held at the Holiday Inn in Oakville commencing on March 24.

Selected consultants will be available at each clinic for panel discussion, group meetings and private interviews. Manufacturing executives will be invited to discuss such matters as product design and diversification, new materials and technology, and industrial engineering.

DISCUSSIONS

Mr. Snow said that the program will consist of group discussions on the first day of the clinic, March 24, with private sessions scheduled for March 25 and 26. On March 24th the group will be addressed by Mr. George J. House, B. S. Mr. House is assistant director of the Centre for Applied Research and Engineering Design at McMaster University, Hamilton.



"Whipper" Billy Watson, honorary chairman of the Ontario Easter Seal campaign gives Stephen Francis, the 1970 "Timmy" an insider's view of the world of wrestling. The campaign, which runs until March 29, is seeking to raise \$1,600,000 to aid handicapped youngsters in Ontario.

BUY and USE

EASTER SEALS

TO HELP CRIPPLED CHILDREN

OVER-ALL OBJECTIVE OF THE 1970 ONTARIO EASTER SEAL CAMPAIGN IS \$1,600,000.

MORE THAN HALF OF THE FUNDS RAISED HERE REMAIN IN THE COMMUNITY FOR THE DIRECT ASSISTANCE OF NEEDY LOCAL HANDICAPPED CHILDREN.

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THE SOCIETY OPERATES 21 DISTRICT NURSING OFFICES THROUGHOUT ONTARIO STAFFED BY 37 SPECIALLY TRAINED PUBLIC HEALTH NURSES. IN ADDITION, THE SOCIETY, WORKING WITH LOCAL EASTER SEAL SERVICE CLUBS, SPONSORS A SERIES OF SPECIAL CLINICS ACROSS ONTARIO. MEDICAL SPECIALISTS WHOSE ASSISTANCE WOULD NOT OTHERWISE BE AVAILABLE LOCALLY, TAKE PART IN THESE CLINICS WHICH EACH YEAR EXAMINE NEARLY 2,000 YOUNGSTERS. YOUR CONTRIBUTION, LARGE OR SMALL, WILL HELP THIS VITAL PROGRAM.



THE EASTER SEAL CAMPAIGN IS SPONSORED IN GEORGETOWN BY THE ROTARY CLUB OF GEORGETOWN

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