

dt! DOWNTOWN GEORGETOWN
 Service Selection Savings
 Plenty of FREE PARKING

Winter wear **VALUES**



Paul Armstrong, George Gray, Gary Peace, Bob Gougeon, Gary Dawkins (Acton Rotary) and Bill Ward after 60 laps.

Skate-a-thon a success, almost \$13,000 raised

Almost \$13,000 was pledged Saturday in the Rotary Club Skate-a-thon held at the Gordon Alcott Arena.

"We had \$12,876.87 pledged," Rotary member Bob Gougeon commented, adding that it was disappointing that only 255 of 505 registered participants actually took part.

Earlier, club members believed that estimates of \$15,000 gross would be conservative.

"But," Mr. Gougeon added, "it was a good number out and the average is up from last year." The average skater raised \$50.50 he said.

Rotary will set up a special collection Saturday at the arena to collect the money pledged during the event. Mr. Gougeon said any turning in money on Saturday from 9 a.m. to 1 p.m. will receive free two hours skating.

A list of winners of the special prizes will not be available until all the pledges have been received. "It's the money that counts," Mr. Gougeon said, "not the pledges."

Despite the club missing its \$15,000 target for the event, the Halton Hills council will still receive the \$3,000 pledged by the club toward the renovation of the Georgetown Memorial Arena.

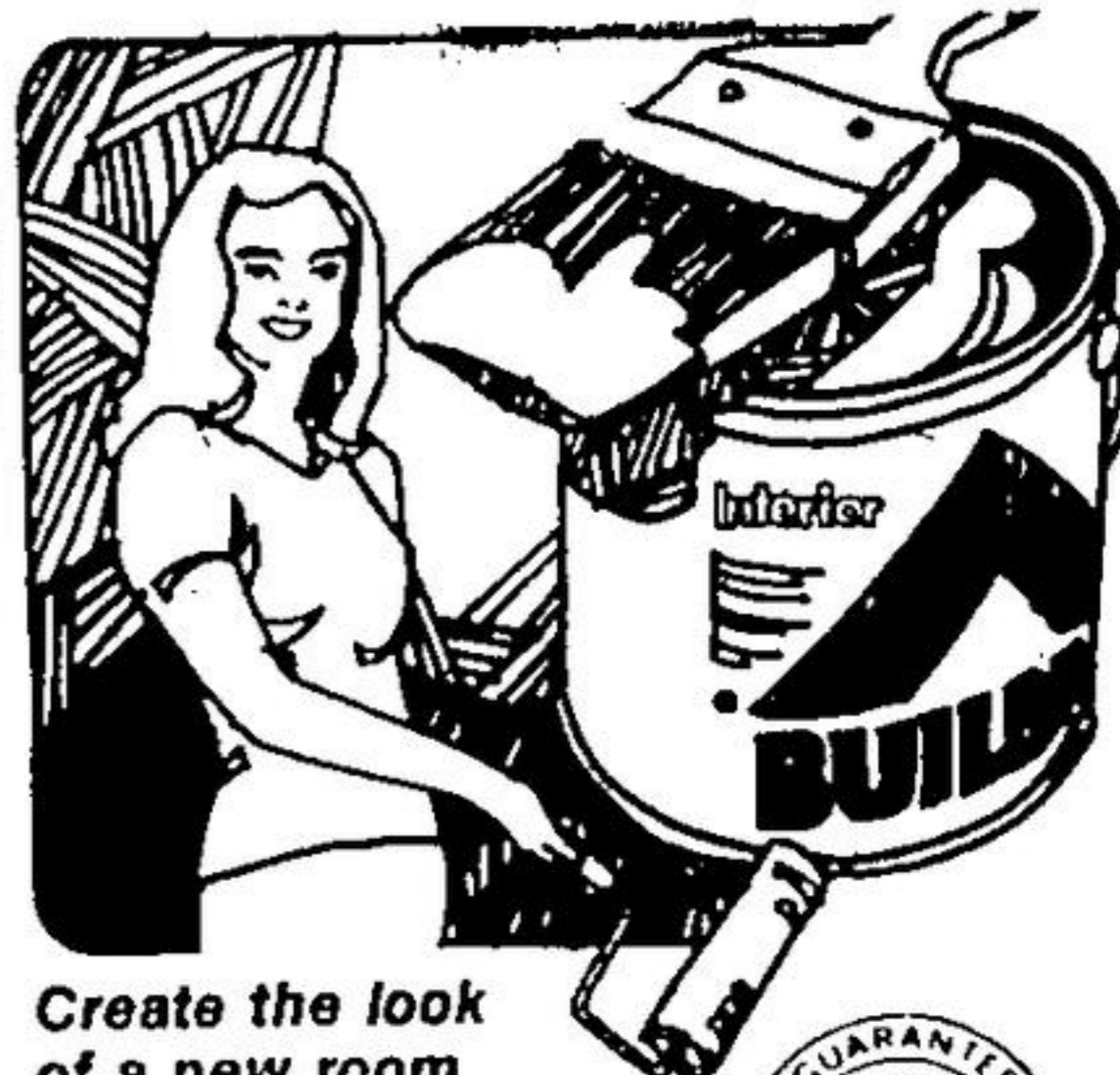
SOLID WASTE
 Regional council today will debate several proposals for solid waste disposal. Oakville Coun. Terry Mannell made the proposals in restriction of committee last week. Among the proposals is restriction of solid waste from households and the use of composting.

25 Year Club

Eleven new members will be inducted Oct. 29 at a banquet honoring the 25 Year Club at Smith and Stone Ltd. The dinner meeting which will be held at the North Halton Golf and Country Club is expected to attract between 50 and 60 people.

FLETCHER'S FAMILY SHOE STORE

Shoes For the Entire Family
 Expert Childrens Fittings
 Orthopedic Prescriptions fitted at reasonable prices.
 102 Main St. - Georgetown
 877-1664



Create the look of a new room instantly with

BUILDALL INTERIOR PAINT

Buildall top quality interior paints have all the superior properties of more expensive paints. Easy-to-apply, excellent coverage, dries quickly. Almost odorless. So durable you can wash it time after time. One gallon covers 600 sq. ft. approximately.

White Interior Latex Satin. quart 2.39 **6⁹⁹** gallon

White Interior Latex Semi Gloss quart 2.89 **9⁹⁹** gallon

White Interior Alkyd Semi Gloss quart 2.89 **9⁹⁹** gallon

Add Rustic Charm to any wall with Z-Brick

Dress up your kitchen, family room or any room in the rustic old time warmth of brick. Easily applied on new or old walls. Fire resistant, and won't discolour.

ON SALE

INCA RED **3⁷⁹** per Carton
 INCA USED **4⁹⁹** per Carton
 Carton covers over 6 square feet.

Cork Bulletin Boards

Manufactured from fine grain cork in your choice of dark brown or light coloured cork. Each board is framed in a pre-finished frame. 18" x 24"

3⁴⁹ ea.

Ontario Cork Co. Ltd.

Add Old World Spanish Charm to your home... made easy with Cork tile

Burnt brown cork wall tiles add the unique decorating accent of Old World charm to any wall. Cork is an effective sound proofing and insulating material. Each package contains four 12" x 12" x 1/8" thick tiles.

Regular (NO ADHESIVE) **1²⁹** pkg.
 Peel and Stick - with adhesive backing **1⁸⁹** pkg.

Mirror Tile **9⁷⁷** kit

Plain - 12 tiles per kit - 12" x 12" ea. tile peel and stick backing.

Antique Gold Vein Pattern 12 tiles per kit. Each tile 12" x 12" with adhesive backing. **12⁹⁸** kit

LOOK FOR OTHER VERY SPECIAL PRICES IN THE TORONTO STAR AD OF THURSDAY OCT. 21. PRICES GOOD TILL WED. OCT. 30

MACKENZIE BUILDALL
 ASSOCIATE STORE

Georgetown - 8 James St. Phone 877-2207
 Mon. - Wed. 8-8
 Thurs. - Fri. 8 a.m. - 9 p.m. - Sat. 8-5

Acton - 12 Church St. Phone 853-1880
 Mon. - Thurs. 8 a.m. - 6 p.m.
 Fri. 8 a.m. - 9 p.m. Sat. 8-5

DELIVERY AVAILABLE



Julian Reed, MPP, gets a helping hand from Cousins. Joe Hurst and Roy Booth.

Nutrition week

By DIANE WOLDER
 Georgetown and District Hospital Dietician

People talk about nutrition because they associate it with food and health - how they look, how they feel, and how well they perform.

Nutrition is what you eat and how your body uses the food. Nutrition is your total daily food intake transformed into physical appearance, energy, growth and countless other body functions.

The time to begin practising good nutrition is when life begins, because the well-nourished child usually becomes the healthy adult of tomorrow.

The achievement of good nutrition comes from knowing the right foods to eat, and incorporating them into three or four regular daily meals. This nutrition prescription could be called Canada's Food Guide.

Another way to approach sensible eating is by choosing a variety of foods from each of the five basic food groups: Milk, fruit, vegetables, breads and cereals, meat, fish, eggs, and cheese.

Variety is important because each food group contributes a slightly different combination of nutrients. By varying the choice within each food group, you furnish your body with all the necessary nutrients.

If you cannot meet your nutritional requirements at mealtimes, try working them into snacks.

Some nutritious snack favorites are: peanut butter sandwiches, raisin-bran muffins, milk, fresh fruit, cheese, dry cereals.

Snacks should be spaced throughout the day, so they don't interfere with meals.

Since Oct. 18 to 23 is Nutrition Week in Ontario, with the theme "Nutrition Every Week", this is a good time for citizens of Halton Hills to evaluate their present eating habits, and take at least one step, or better still, two steps towards better nutrition.

After all, health is a matter of choice, not chance, and may add a few years to your life.

If you are concerned about a specific nutrition problem, and would like further advice, a dietitian-nutritionist will be available at Zellers store in Georgetown from 10 a.m. to 4 p.m. Oct. 23. During nutrition week, remember every body needs good nutrition. Is it your choice?

Drainage cost study

Town engineer Robert Austin will prepare a cost estimate for a storm sewer on Mill Street, Georgetown, in front of the memorial arena to prevent water running off the arena roof, across the road and onto the property of nearby residents.

There was no serious problem in the area until John Street was paved and downspouts were replaced on the arena, said Coun. Ernie Hyde. There is "a heck of a lot of water coming out the front of the arena," Hyde said.

PRE Christmas Sale

STOREWIDE 15% OFF

SMALL DEPOSIT WILL HOLD TILL CHRISTMAS

BARBER JEWELLERS
 77 MAIN South GEORGETOWN 877-3482

SAVE 20%

WHEN YOU BUY A PAIR OF DRESS BOOTS AND A PURSE TO MATCH

JUST ARRIVED

A LARGE SELECTION OF NEW ELEGANT STYLES IN LADIES BOOTS AND SHOES.

FREE OUR SERVICE AND ADVICE ON ALL THE NEW FALL AND WINTER SHOE FASHIONS. DROP IN TODAY AND SEE OUR SELECTION

FLETCHERS family shoes
 102 Main Street Georgetown 877-1664

Ballinafad News

By WINIFRED SMITH
 Herald correspondent

There was much activity around the village on Saturday afternoon, when many people came to attend the two Auction Sales, one at Ernie Thompsons the other at the home of Mr. & Mrs. Gerry Roizal.

Sorry to hear the Kanusks had another bereavement in the family, last week Mrs. Kanusk received word that her grandfather had passed away in Manitoba. She only recently returned from the West after attending the funeral of her grandmother.

Church service on Sunday was fairly well attended when Grandparents and friends came out to witness the Christening of Susan Elizabeth Gilpin, seven month old daughter of Mr. & Mrs. J.E. Gilpin, of Terra Cotta.

In the absence of the regular organist Mrs. R. Kerr provided the music for the service. Next Sunday there will be a special guest speaker in the person of Mrs. Emily Marquis of the National Office of the United Church.

Mr. Baker of England is visiting his daughter Mrs. Pinkerton, and son-in-law Bob and family.

Mrs. Ernest McEnery attended Anniversary services at Ebenezer United Church on Sunday.

Mr. & Mrs. Norm Sinclair Mr. and Mrs. Jesse McEnery

and the McLean families were at Walkerton on Saturday where they attended the annual fall fair.

Mrs. Elizabeth Rogers of Guelph was a visitor in the village on Saturday and called on former neighbours and friends.

The Harry Hitchcock farm has been sold Mr. & Mrs. Hitchcock are retiring and plan to make their future home in Georgetown.

The U.C.W. had their October meeting at the home of Mrs. Jill Jessup. Mrs. Larose, president, opened with an inspiring poem and called on Mrs. Black for Devotions.

A lot of people like the Royal Bank for Term Plan Loans.

For when it makes good sense to borrow.

Should I Borrow is a question we all ask ourselves at one time or another. But now it's a lot easier to come up with the right answers. Because the Royal Bank has put most of the answers into a new booklet called "Should I Borrow?" It explains how interest and time payments work, how to examine your budget to see what you can afford, and almost everything else you should take into consideration. Why not drop in today and pick up your free copy. If you have any questions, please come see me or one of the staff.

ROYAL BANK
 serving Ontario

Special Life Insurance Needs?

If you're the one in ten who has special life insurance needs, see the man who's qualified to serve them - your State Farm agent. He's specially trained to answer your personal and business life insurance needs, and to provide retirement, pension and group life plans. See

Robert Tait
 Insurance Agency Ltd.
 74 Mill St. Georgetown
 877-4814 or 877-6148

STATE FARM LIFE INSURANCE COMPANY
 Canadian Head Office: Toronto, Ontario