

Norval still tops Industrial League leads Way-Jay by one point

Norval played atop the Georgetown Industrial Hockey League as they clobbered winless Harley Motors 8-0. Way-Jay stayed one point behind the leaders by trouncing DeBoer's Movers 9-3 and in other action Guelph-Clair Texaco defeated Sandhill 6-2.

Brian Beaumont and Bill Kirby led the way for Norval by scoring twice apiece. Singles went to Dave Holmes, Tom

Fendley, Bill Wheeler and Tom Trevelyan. Brian Laird recorded the shutout.

Grant Bodnar scored three goals to lead Way-Jay to victory. Way-Jay scored five times in the final period to turn the game into a rout. Single markers went to Finn Arnold, Ben Heppes, Dwayne Hay, Jim Blair, Greg Bodnar and Terry Laine. Pete Fendley had three assists.

Chris Tennant scored twice for DeBoer's and also added an assist. Bob Inglis, who opened the scoring, had the other DeBoer's goal.

Bert Osborne and Larry Finlay scored twice apiece to lead Texaco. Singles for the winners went to Don Parsons and Frank Marshall. Roger Chapman had assists on four of the goals. Steve Beasley and Alan Craig replied for Sandhill.

TEAM STANDINGS

Team	W	L	T	PTS
Way-Jay	6	0	2	14
Guelph-Clair Texaco	5	0	3	13
Sandhill	4	2	2	10
DeBoer's Movers (Glen)	3	4	1	7
Harley Motors	2	6	0	4
	0	8	0	0

FUTURE GAMES

9:00 Norval vs DeBoer's Movers
10:30 Harley Motors vs Guelph-Clair Texaco
12:00 Sandhill vs Way-Jay

LEADING SCORERS

NAME	T	G	A	TP
Dwayne Hay	WJ	6	16	22
Brian Beaumont	Nor	8	11	19
Doug Anderson	Nor	11	7	18



NORTH HALTON CHAMPS

The girls' and boys volleyball teams of Holy Cross school both finished in first in the North Halton Separate Schools' league. On the girls' team, front row left to right, are Mary Hartley, Roberta Burke, Tracey Corbett, Carol Beasley and

Jackie Chapman. In the back row are coach Cynthia Tobin, Angela de Haas, Hope Hulme, captain Kim Thompson, Sheila Cannon and Val Longo. Not available for the photo were Michelle Miehms and Jentille Wintjes.

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Jell-o Jelly Powders
3 OZ. BOX **18c**

Cloverleaf Solid Light Tuna 7 OZ. TIN **75c**

ASSORTED VARIETIES
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13 OZ. BOX **65c**

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IGA Whole Potatoes 19 FL. OZ. TIN **29c**

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IGA White Serviettes PKG. OF 25 **35c**

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4 ROLL PKG. **79c**

Mrs. Paul Green
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Holiday food preparations are so simple, but care must be taken to avoid spoilage. Bacteria can multiply in foods left out overnight and harmful bacteria may cause infection or produce toxins. Although thorough cooking kills most bacteria, it does not destroy all toxins. Bacteria require 3 things for growth: warmth, moisture and a source of food - especially non-acidic foods. To avoid bacteria transfer, keep raw and cooked food separate during preparation. Use 2 cutting boards: one for raw foods, another for cooked foods, fruits, etc. Wash hands frequently with soap and hot water when handling raw food. Use a nail brush to scrub hands, vegetables, and cutting boards. Refrigerate food as quickly as possible after shipping. Keep preparation time short and complete. Do not partially cook ahead. Serve (recipes including succulent eggs immediately, or refrigerate). Stuff the bird immediately before cooking; pack loosely to assure thorough heating. After meal, remove the stuffing and refrigerate separately from the bird. Pack leftovers immediately. Do not cool slowly at room temperature. Keep hot food above 140°F until served; cold food below 40°F.

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Side Bacon 1 LB. PKG. **\$1.48**

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