

ONE OF THE WORLD'S foremost authorities on cauliflower, obviously, is Sigmund Higgins. He's the one on the right. His master, Spencer, brought him along Saturday morning to the Farmer's Market, located in the parking lot behind the old jail-

## MILTON PUBLIC LIBRARY

International Showcase features

### "SYNCONA"

Thursday, August 16th at 8 p.m.

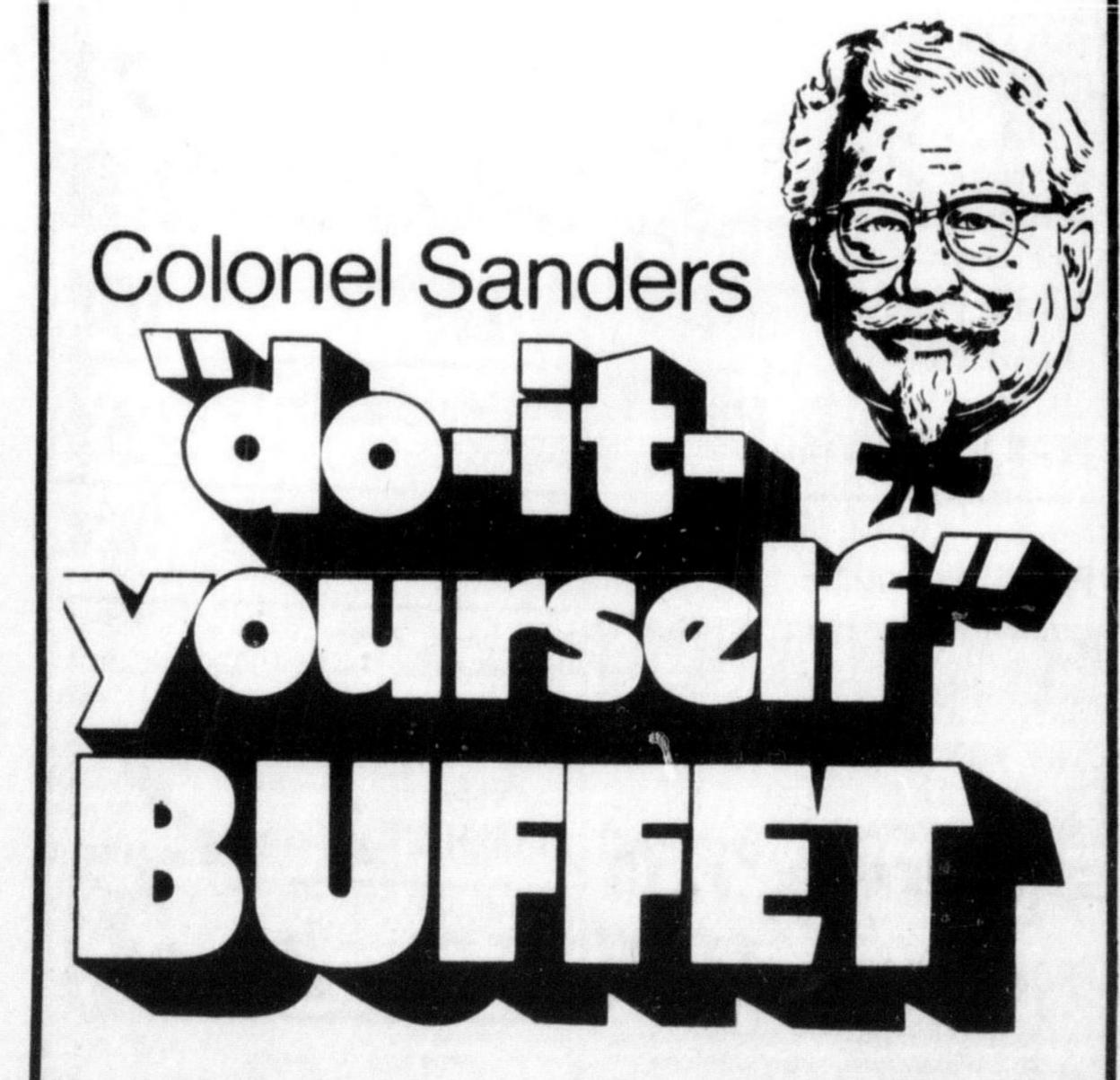
### Admission 50°

(children accompanied by adult - free)

Syncona plays music of the Caribbean and has played - Harbour Castle, Ontario Place and other well-known Toronto night spots.

Don't miss this exciting group.

Serve groups of 15-30-50-200 or more.



only \$2.00 perperson chicken Villa Main & Commercial

# Millions spent uselessly for arthritis

ahead of it is "dietless the time. Quacks usually reducing schemes.

restoring Isot function in

guidelines. The medical quack frequently

field to another-from arthritis to cancer and on to amnemia, whichever The only one seems most lucrative at rely on personal testimonials rather than scientific results. The peculiar nature of arthritis, where it comes and goes, plays right into thousands of people are their hands. Quacks want "miracle cure". Ethical practitioners want to

make the best care available at the lowest How do you identify a cost. Finally, the quack quack? Here are some would like you to believe some simple procedure or gadget will

KIWANIS SECRETARY John Ritchie (left) looks up from ad-

miring the plaque presented the club by Allan Wright, regional

council chairman of the Halton Area Red Cross, at the Barvarian

Restaurant Thursday. The plaque was presented in honor of the

club raising \$5,550 to the Milton Red Cross.

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"cure" all of the more than 100 kinds of arthritis. Would that it could be so simple!

Arthritis treatments have been studied and tried by scientists. Their findings about some of the more common ones are interesting.

Alfalfa tea-tests have shown that it is of no real benefit. However, it is deficient. Even then you to send money for a relatively cheap and does has no influence on ar- calorie diets, low carno harm so it does not thritis. There is no way bohydrate diets, change rate as dangerous, as cod liver oil or anything in acid-based balance long as the person using it does not put off seeing a

Fever therapy-once popular, this consisted of producing short periods

evidence that therapy helped anyone.

the goods.

Cod Liver Oil-this is used alone or with something else, such as fruit juice. There is no evidence that it helps except in the patient who is clearly vitamin

of fever by injecting that excessive cod liver germs or other agents oil or vitamin can cause into the blood. There is no more problems than this arthritis might.

Wed. 8 Thu. 9 Fri. 10 Sat. 11

Sun. 12 Mon. 13 Tue. 14

Guinant

The terrifying motion picture

rom the terrifying No. 1 best seller.

WELCOME TO THE FUTURE

quenching their thirst related problems at the

with beer or any liquor popular park has refreshment could face a prompted the local police

fine of \$38 if caught with detachment to take steps

According to Halton bidding drinking other

treatment of arthritis, Diets-just about every type of diet is pushed as a

"lubricate" joints. There type of food substance at is overwhelming proof a meal, low protein diets.

ROBERT

Vitamin C-studies have not shown excessive amounts of vitamin C to be of any value in the

Picnic drinkers warning

Picnickers at Kelso Regional Police, liquor than in a residence.

to enforce the law for-

cure for arthritis: low taken by mouth can diets, allowing only one



CHILDREN UNDER 12 FREE

MUSTANG

"Drinking in any prov-

incial park or con-

servation park is strictly

prohibited," said Staff

Sargeant Eric Bullock of

Milton, adding many

The local conservation

authority has received

warned in Kelso.

already been

cording to the Halton

Authority spokesman.

"Apparently some of

them tend to get quite loud and abusive," said Bill Warwick, director of

conservation services.

"It seems to be a

problem that comes and

Box Office Opens: 8 p.m.

Show Times:

WALK PROUD 9

Conservation

Region

complaints in recent goes, and it depends upon

weeks by visitors to the how much enforcement

park, concerning over- of the law can be pro-

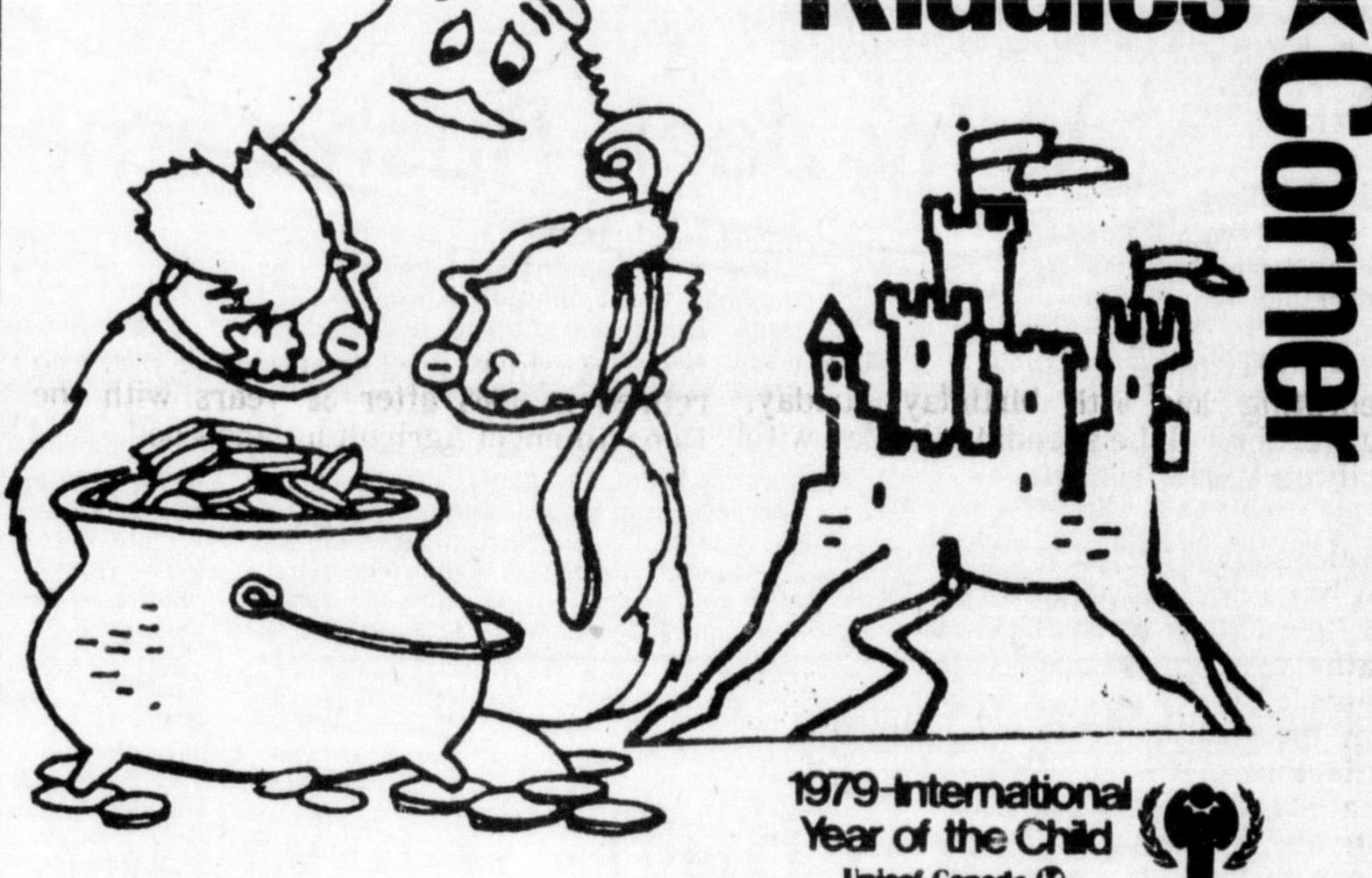
**HELD OVER** 

TIL SATURDAY, AUGUST 11

zealous drinkers, ac- vided," he said.

CONCORD 10:45 DRIVE IN FOR SUNDAY to WEDNESDAY HWY. 7, GUELPH 824-543 SHOWS CALL 824-5431

Year of the Child



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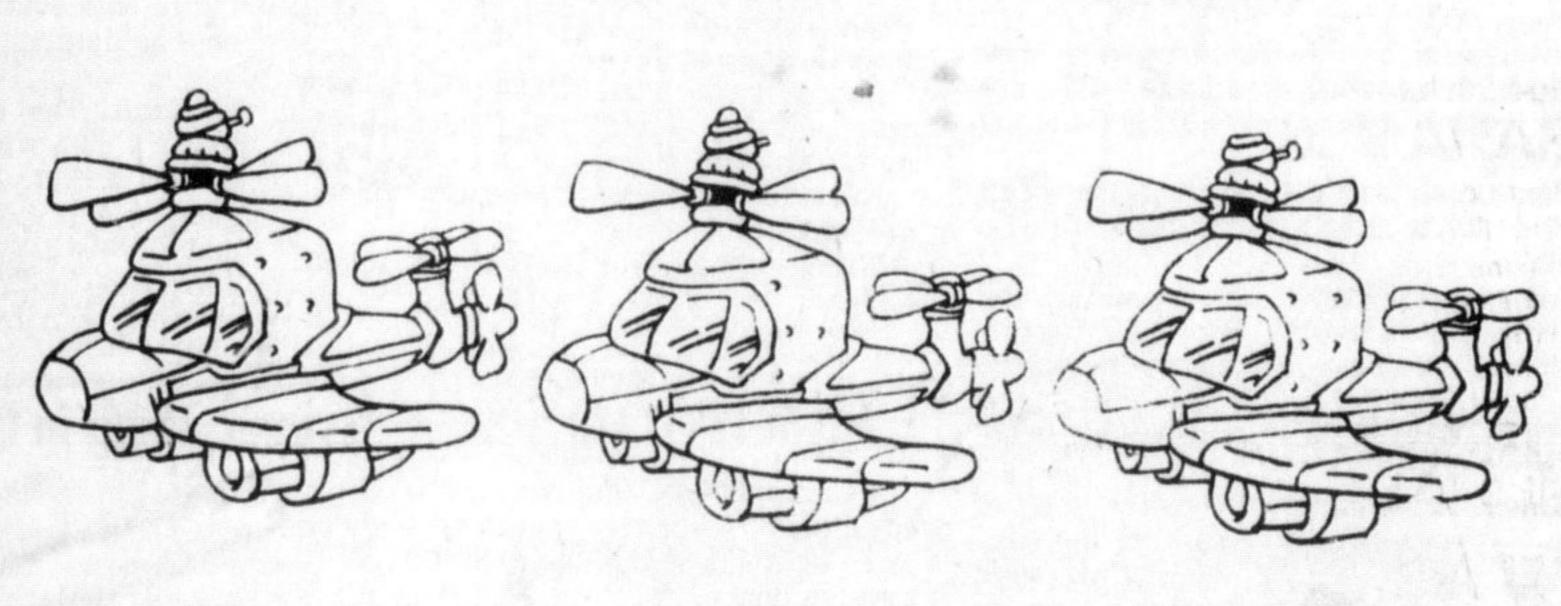
Send your entry to: Canadian Champion, 191 Main Street East, Milton, Ontario. Enter as often as you like.

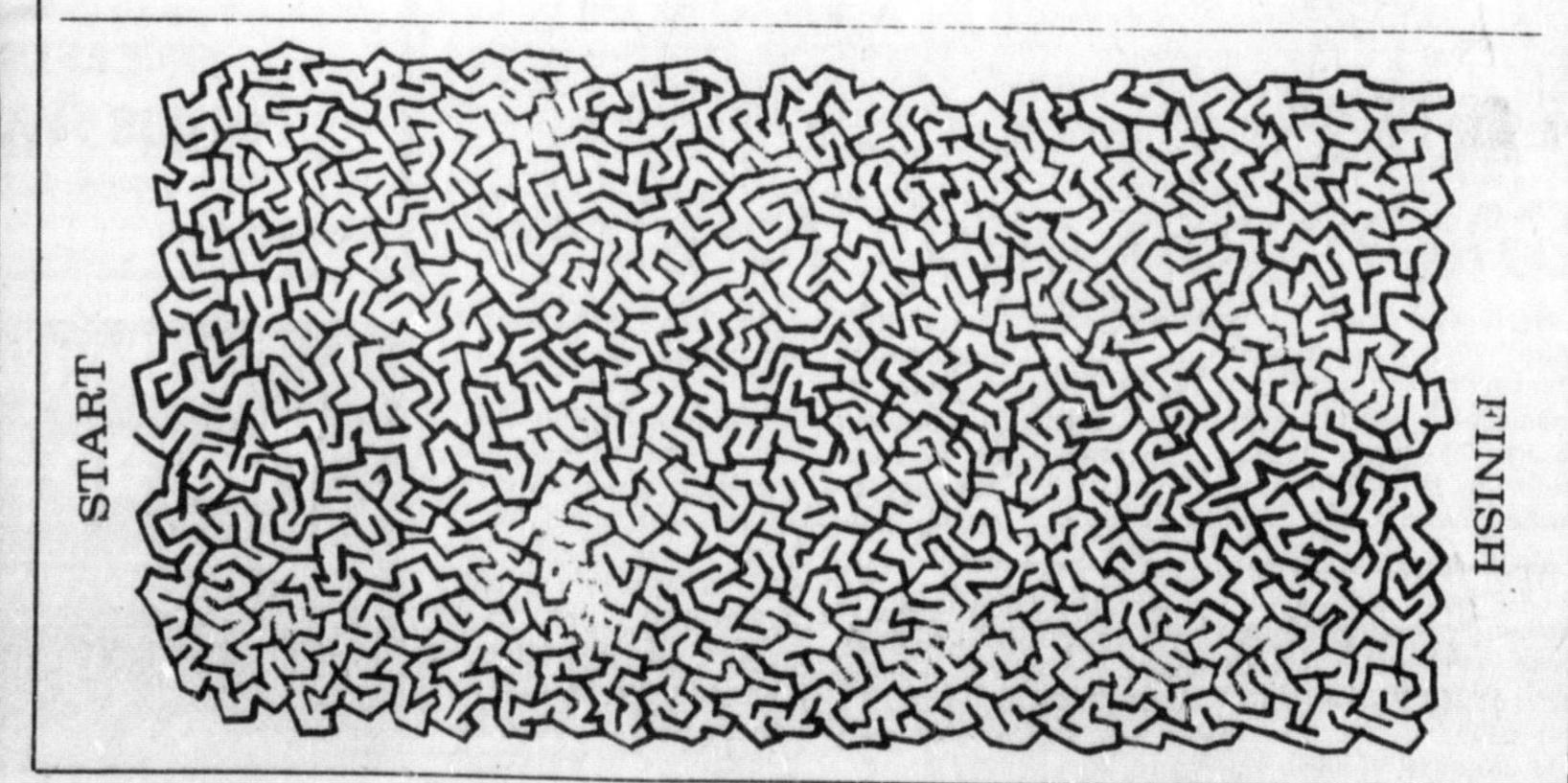
TELEPHONE.

CONTEST WINNERS Tyler Reynold, Jeffrey Wilson, Mary Ruggiero

# Spot the Differences

There are 10 differences between these pictures. Can you find them?





# Organized by Tennis Canada Daily tickets still available at the following locations:

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Mississauga Square One

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Yonge & Bloor · Fairview Mall

Bramalea City Centre · Oshawa Centre

BASS AT THE TICKET SHOP

Royal Bank Plaza · Thorncliffe Market Place