



**Stretch it out**

Sue Hunt helps these Martin St. school students dance their way to fitness in a pre-lunch program. The instructor also teaches adults.

**Frisbee football challenge made**

Some recent additions to this community are attempting to make their presence known.

The Katimavik participants who arrived in Milton two weeks ago are organizing an open house and a Frisbee football tournament to introduce themselves to residents. These community volunteers will be staying with local families for two weeks beginning October 21.

Potential billets and interested residents are invited to meet the group of 10 at their temporary home at 176 Sarah St. from 7 to 10 p.m. Thurs. Oct. 11.

The Frisbee football tournament is open to teams at a charge of \$5 per team. Town councillors have been challenged to a game during the tournament which starts at noon Sat. Oct. 13 at the fairgrounds.

Anyone wishing to enter a team should call 878-7498. Limit is five players per team.

**Halton District WI**

**4-H scholarships**

The president of Halton District Women's Institute announced the winners of the Women's Institute's Ethel Chapman Scholarship and the Women's Institute Bursary to representatives of the 12 district branches on Monday evening, Oct. 1, at the Ministry of Agriculture Offices in Milton.

Kathryn Johns of Milton, accepted the Ethel Chapman Scholarship of \$200. Kathryn has entered University to study the Agricultural Diploma course specializing in Horticulture this fall. Jennifer McLean of Acton the other deserving recipient of the Women's Institute awards received a \$100 Bursary towards her University degree in Family and Consumer Studies. Congratulations are extended to both girls who have been 4-H members and are both daughters of 4H leaders.

The gathering of the Branch representatives provided an opportunity to coordinate Halton District activities for the year. Halton is shortly to participate in the entertaining

of visitors from England and Wales who are presently touring Ontario. These Women's Institute friends from across the Atlantic will join the ladies of Halton on Sat., Oct. 13, to tea at the home of Peggy Knapp who has very kindly assisted in tour arrangements.

Halton District will celebrate Ontario's Bicentennial year with an old fashioned "Ladies provide" dance at Brookville Hall on the Guelph Line. This evening will take place on November 30. It is expected many younger members will enjoy sharing in the entertainment of earlier Women's Institute days.

For the first time in the past 15 years, Ontario will be hosting the Women's Institute National Convention in 1985. Many members from Halton will travel to London to join this week of sharing, learning and fellowship.

The Halton District Women's Institute looks ahead to 1985 as a year of growth.

**Book buffet a feast**

Anyone with a taste for good books will want to visit the book buffet, a mouthwatering book sale being held to raise funds for the Credit Valley Association for Handicapped Children, on October 11, and 12.

The sale is being held at the Credit Valley Treatment Centre for Children, located at 2277 South Millway, (north of the

Collegeway, beside South Common Community Centre, in Erin Mills). The Book Buffet will run from 3-7 p.m. on Thurs., Oct. 11, and from 1-4 p.m. on Fri., Oct. 12.

For information about the book buffet, or the Credit Valley Association for Handicapped Children, call the Centre at 820-7111.

*The Tanning Centre Presents...*

**LET'S TALK TAN!**

**THE SUN'S ULTRAVIOLET RAYS**

**ULTIMATE TANNING CONDITION**

**ULTRAVIOLET C (UVC)** are the shortest of the range. These rays are destructive and dangerous to living cells, but are fortunately filtered out by the earth's ozone layer.

**ULTRAVIOLET B (UVB)** are the medium wavelength rays, the principal ray emitted in conventional sunbathing, that we have been familiar with over the past decades, as well as in the recent suntanning booths, that have received much bad publicity. UVB, scientists claim, can promote skin cancer and premature aging of the epidermis (outermost layer of skin) when over-exposed. UVB rays however, are also the rays that activate the pigment forming cells.

**ULTRAVIOLET A (UVA)** are the longest rays in the spectrum, and are often referred to as the soft rays. They are harmless rays that only reach the very surface of the skin. As the almost colorless pigment particles, formed by help of UVB, rise to the epidermis, outermost layer, the tanning rays UVA by oxidation, turn them into a dark brown, a tan.

In short, UVB provide the requisite for tanning, and UVA completes the job. Unfortunately, the large amount of UVB rays in natural sunlight will cause a skinburn (erythema) long before the UVA tanning rays get the time to color the pigment, the presence of which of course is nature's way to protect your skin from sun damage. Suntanners are usually too impatient to allow for this process. Fortunately, German scientists found a way to develop a light tube that gives just the needed UVB but an abundance of the harmless UVA tanning rays. This perfect UVA, UVB mixture in our tanning beds gives you the ultimate tanning condition.

**UP TO 7 SESSIONS ARE NEEDED TO ACHIEVE A COMPLETE TAN**

**ONE OR TWO WEEKLY SESSIONS WILL MAINTAIN IT!**

*Get your fantastic tan today!*

**The Tanning Centre**  
120 Mill St.  
Georgetown  
877-9766

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Monday-Saturday 10 a.m. - 11 p.m.  
Sunday 10 a.m. - 10 p.m.  
Corner of Main & Mill St.  
Across from Legion

**Household Hints**

Cold cream works almost as well as turpentine to remove paint from your hands—without the offensive smell and rough skin that turp causes.

If eggs are stuck to their carton, DON'T pull on them; that'll break the shells. Instead, dribble a little cold water over the egg and let it stand a few minutes to soften.

A zipped mesh laundry bag is just perfect for storing bath toys. Hang it over the shower head to let toys drip dry.

To keep vacuum cleaner extension tubes from sticking to gether, rub them lightly with just a little talc.

Double duty sponge: keep a damp sponge on the range top to serve as a spoon rest when you're cooking, it's handy to wipe up spills, too. Just rinse with suds at dishwashing time.

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**\$1200\* OFF!**

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**A COMMUNITY-WIDE THANK YOU**

**HELP US HELP YOU**

To the citizens, schools, service clubs, organizations and business firms in Milton and district, for your fantastic support during the Milton District Hospital Expansion Fund campaign.

You have "helped us, help you" by ensuring there are sufficient funds to enlarge and modernize our hospital.

Thanks to all of you, we have exceeded the \$1,000,000 goal by 11% to top off the fund at:

**\$1,126,682**

Thanks a million, Milton

**Milton District Hospital Foundation Fund-Raising Committee**

**"Associate Builder" Bricks are still available**

Thanks to the 1,015 people, business firms and organizations who purchased \$200 "Associate Builder" bricks during the campaign. Due to their popular demand, it has been decided to continue to make bricks available until Christmas-time, 1984. To obtain a brick, contact Sue McLean at the Hospital Business Office, 878-2383.

Note: Portions of this ad were omitted in some copies of last week's Champion. Our apologies for any confusion.

**THANKS A MILLION, MILTON**

**CO-OP**

**Special features from our 1984 Fall & Winter catalogue**

**Poulan Model 3400 18" Chain Saw**  
359<sup>00</sup> each

- 3.4 cu. in. engine
- Spark arresting muffler
- Auto or manual chain oiling
- 5 pt. CounterVibe™
- 18" bar and chain brake

597-930

**Stewart Clipmaster 169<sup>95</sup> ea.**  
A general purpose model with an improved ball bearing motor designed for cool, vibration-free running. Heavy duty design. 579-085

**Poly Leaf Rake 6<sup>79</sup> ea.**  
Sturdy polypropylene rake with coarse teeth for lawns or shag rugs. Contoured to lay flat on any raking surface. 594-054

**Sno-Trac 8 H.P. 24" Snowthrower 869<sup>99</sup> each**  
Our most popular 2-stage snowthrower with many quality features to see you through many snowy winters.

- Fully winterized engine with 2-yr. warranty.
- 12" auger and 11" impeller
- Factory installed chains for better traction
- Independent drive and auger clutch. 545-272

**Hay Feeder 189<sup>95</sup> ea.**  
7 1/2 ft. round bale hay feeder of heavy-gauge steel. Completely portable. Good for hay in round or rectangular bales. 535-040

**Steel Snowpusher 13<sup>95</sup> ea.**  
24" heavy gauge steel blade with fire hardened ash braced 'D' handle. Designed for easy snow removal. 590-078

**Milton Customer Service Centre**  
28 Bronte Street 878-2391

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