

Classified Word Advertising Rates Up to 18 words	
(first insertion)	\$3.00
(second insertion)	\$2.80
(third insertion)	\$2.70
(subsequent insertions)	\$2.70 ea.
Additional words	10

Entertainment galore

Sidewalk Sale this Saturday

Local businesses and the Elmvale and District Chamber of Commerce are gearing up for this Saturday, a day organizers hope will become an event filled

with fun and enjoyment for area residents and shoppers.

A Sidewalk Sale, or Elmvale Summerfest as it has become known, is set to go this Saturday

beginning at 9:30 a.m. and continuing throughout the day. Local businesses will be taking part in the day's activities, and are promoting it as a way of

saying thank-you to area shoppers for patronizing their stores. Among the list of items on the agenda will be a group of clowns making their way along

the streets handing out balloons, a Radio Shack van playing music and announcing points of interest, the Elm Flat Pickers entertaining at the IGA, the baton corps of the Elmvale Dance Arts Classes on the street as well as roller skating in the municipal parking lot.

For the youngsters there will be pony rides and a Jungle Zoo display set up. Businessmen will be wearing hats to promote 'Hats off to all our customers' and these will also be handed out throughout the day.

There will be free balloons, lemonade and draws for those in-

terested on sale day and Pascoe's Studio across from the Brewers Retail will be the spot to be at for a refreshing cup of tea accompanied by entertainment in the form of local singers. The tea tables will be set up outside (weather permitting) and monies raised from the tea sale will be donated to the Ontario Heart Fund.

All in all it looks like the event is shaping up to be a fun time for anyone wishing to take part in the festivities.

CAP keeps busy involving people

by Peter Mount
Community Appreciation Project working out of Midland's Civic Centre has been kept busy planning activities and events for the members of the community.

We launched the summer with a in-class anti-vandalism program in the Midland elementary schools.

During the same week we also held a Senior Citizen night at the Midland town hall and that Sunday we helped with a bike rodeo that was sponsored by the Midland Police Dept.

We then began planning our community events starting with Canada Week.

This week included a torch light parade, native peoples day, a Canadian film day and a Canadian folk night. The folk night presented excellent local talent but unfortunately attendance was very poor.

We then assisted the organizers of Shonnecti by making the sashes worn by the canoeists. As well as assisting with the Shonnecti Senior Citizen bus tour. We then looked into Roller Skating in Midland but unfortunately it is

impossible to obtain skates for the summer months however a local group is considering beginning such a project in the fall.

The following week we prepared our Sidewalk Sale display and we held our first Jr. teen dance.

In the future we have Jr. and Sr. teen dances planned for alternate Thursdays. These dances are held in the evenings at the Midland Civic Center.

On Saturday July 26 we will be hosting a safe driving road rally to

start from the Civic Center at 9 a.m.

Entry forms and information are available at the Civic Center in Midland.

On the week of July 28 we are planning dance workshops so come out and learn a few new steps. Monday come out to learn to disco and jive. Tuesday learn square dance and Wednesday learn ballroom dancing.

For any further information contact the C.A.P. team at the Civic Center or phone 526-8712.

Food for thought

by Alleyne Attwood, R. P. Dt.

There is no better way that a column on nutrition could be launched, than by talking about Agnes Higgins.

When Agnes Higgins began working as a dietitian at the Montreal Diet Dispensary more than 18 years ago, the plight of the pregnant women in one of the poorest areas of Montreal appalled and also challenged her.

The poverty cycle of families seemed impossible to break; poor, unemployed, minimal education, frequently low I.Q.'s was the norm and most of the women who came to her for counselling were on welfare.

Many were very young and some were unmarried.

Agnes Higgins was adamant in her belief that even though a woman was undernourished before becoming pregnant, that proper food during the whole nine months of pregnancy would result in a normal baby with a chance, because it would be of normal intelligence, to break out of the terrible cycle of poverty.

She insisted that her mothers-to-be come to the clinic daily for the extra milk, oranges or the supplements that she felt were needed.

She encouraged weight gain at a time when the medical profession was discouraging weight gains of more than 15 pounds.

She held strongly to her belief that a low birth weight baby was a

disadvantaged baby.

Time has proven her theories without a shadow of doubt. Twenty years of carefully kept statistics are staggering in their implications. She states that 50 per cent of our country's mental retardation would be cut if mothers-to-be looked after themselves properly with regard to food, alcohol and medication.

One family was cited in which the mother had seven children prior to going to the Diet Dispensary when she became pregnant for the next three.

The history of this family is appalling. Of the first seven children several are retarded, one died, one is currently serving time in the penitentiary, and one young girl, unmarried, is pregnant. Of the three children born under the care of the Diet Dispensary, all are normal, bright, well adjusted and quite capable of taking their place in the world.

Agnes Higgins says emphatically that "we are programmed at birth" and it is a sobering thought for those who undertake bringing a child into the world.

In my next column I will talk about pregnancy and its responsibilities.

The biggest Ontario is the largest of Canada's ten provinces in terms of population (8.5 million) and second largest in terms of area—larger than the combined areas of Spain and France.

HELP WANTED

Part-time Medical Secretary needed. Apply: The Penetang Citizen Box 429A Penetang, Ontario 60-61-62

Part-time - Evenings at home

Expanding marketing organization requires bright and personable individuals to fill telephone interviewing positions on behalf of a MAJOR DEPARTMENT STORE. Phone - 526-6739 33TF

HELP WANTED

Experienced body man to manage body shop. Excellent wages. Apply in person Wally's Auto Body, Hwy 27 and Vindin 549-2501. 59-60

Mature person to babysit

in my home Monday to Friday, as of September 1. Call 526-4016. 59 to 62

Person required to service food industry related equipment on a yearly basis. Reply to Box 609 R, c/o Midland Times. 57 to 64

DENTAL HYGIENIST WANTED

Dental Hygienist required for a large preventative oriented practice in Midland, Ontario. Full or part-time with excellent salary and fringe benefits. Inquiries and applications, please contact: P.O. Box 609-D c/o Midland Times Midland, Ont. 60, 61

NOTICES

NOTICE TO CREDITORS AND OTHERS
In the Estate of Sam Jay, late of the Village of Elmvale, in the County of Simcoe, Gentleman, deceased.

All persons having claims against or claiming to have any interest in the Estate of the said Sam Jay who died on or about the 23rd day of June, 1980, are notified to send to the undersigned executor or his solicitors, on or before the 15th day of August, 1980, their names and addresses and full particulars of their claims and the nature of the security, if any, held by them.

And take notice that after such last mentioned date the executor will proceed to distribute the said estate among the parties entitled thereto, having regard only to claims of which notice shall then have been received.

Dated at Thornbury, this 14th day of July, 1980.

Elmore Clifton Carr
Q.C., Executor,
by his solicitors
Shaw, McLellan and Melitzer
Barristers and Solicitors
1 Bruce Street North
Thornbury, Ontario
N0H 2P0
58, 59, 60

HELP WANTED

Two experienced hairdressers needed at Fisher's Hair Yard. Call 526-5509 or apply 237 King Street, Midland. 59-60

AVON

Time on your hands?
SELL AVON

You set your own hours while the kids are in school. Meet interesting people.

For Details Call:

526-3512

Open Territories In:

- 1 open in Elmvale
- 3 open in Tiny Township
- 2 open in Penetang
- Midland
- Christian Island 78TF

Demonstrators - Attractive person to pass out free samples in food chain stores every Friday, Saturday during the month of September. Car essential. Please write Box 609-N, c/o Midland Times. 60-61

CARS & TRUCKS

BUSINESS OPPORTUNITIES

Cash Business Brackenberry's Fruit and Nuts-High Volume Sales. Minimum investment \$4,000. Selected applicants only. Call Mr. Keith Brackenberry 416-745-0138. 54 to 61

LAWN SALES

Garage sale followers - Every Saturday starting Sat. July 27, 10 a.m. to 3 p.m. at 447 Colborne St. corner of Queen. Items too numerous to mention. Rain or shine. If you want space to sell your goods, contact us at 526-8083. Consignment articles taken. Be sure not to miss this sale every Saturday. 59-60

Lawn sale, Sat. July 26 at 10:30, Bay St., Victoria Harbour. Baby clothes, maternity clothes, household articles etc. 59-60

Garage sale, Sat., July 26, Ouida St., Waubaushe, 9 a.m. to 4 p.m. Rain or shine. Dishes, glassware, lamps, tools and all sorts of things. 59-60

Garage Sale - household items and tools, 25 Gignac Drive, Sat., July 26, 11 a.m. to 6 p.m. 59-60

CARS & TRUCKS

LAWN SALES

Garage sale, Saturday, July 26, from 9 a.m. to 4 p.m. at 248 Fourth St., Midland. 60

Lawn sale, Saturday, July 26, 17 Water St., Penetanguishene, 10 a.m. to 4 p.m. Rain or shine. 60

Saturday, July 26, 10 a.m. at 298 Scott St., Midland. Lots of articles, new and used. Also boating equipment. 60

Saturday, July 26, Sunday, July 27, 9 a.m. to 4 p.m. Household items, rugs, cupboards, dishes, 697 Yonge St., Midland. 60

Lawn sale, Saturday, July 26 at 10 a.m., 229 Hugel Ave. near William St., Midland. 60

CARS & TRUCKS

1972 Chrysler Newport custom, p.s., p.b., needs body work. Best offer, 533-2728. 59-60

1974 Monte Carlo. New paint, \$1400 certified. 1967 Cougar, new body and paint, 48,000 miles. Must be seen, \$1200 certified. Will consider truck as part, 538-1240. 58-59-60

1979 Mercury Bobcat, excellent body, in good running order, low mileage. Call 533-2666 after 6. 57 to 62

Priced to sell - 1967 Dodge D-600 stake truck with hoist, excellent racks, steel floor and good motor, 526-5334. 60-61

1970 Volkswagen un-certified. Best offer or trade for boat. Call 526-2510. 60

1969 Buick Skylark convertible. Immaculate condition, 41,000 miles. Must be seen and driven to appreciate. \$3,400 or best offer, or will trade for whatever, 538-2769. 59-60

1975 Pontiac Grand Prix, ps, pb, new paint job. Certified \$2,200 or best offer. Phone 534-3444. 59-60



1976 Dodge Ramcharger, 8 cylinder, automatic, power steering and brakes, AM radio, fancy wheels. Bank of Montreal financing on the spot.




723 King St.,
Midland
526-3777