

### Notice to Farmers

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Dead or Crippled Animals

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### ATTENTION! See These WORTH WHILE HOMES In and Around The Village

PRICED RIGHT

<p><b>\$6,500</b> Stouffville — 5-Room Bungalow. Modern bungalow on lot 60' x 162', large kitchen 11' x 20', adjoining sun-room, good size living room, 2 bedrooms, 3 pc. bath, home fully insulated, full basement, hot air heating, taxes \$19. \$2,000 will give immediate possession of this modern home. Close to</p>	<p>Schools and shopping district. Call Mr. Oakley Richmond Hill 613</p> <p><b>\$3,950</b> Or offer. Picturesque cottage, set on large lot 430' deep. Suitable for retired couple. Many trees on the property. Heavy wiring. Close to Yonge Street.</p> <p>Mr. E. Birmann</p>	<p><b>\$11,800</b> Six room storey and half in Thornhill district. White clap-board. All conveniences. Don't miss this opportunity. B. Collard</p> <p><b>\$1,000</b> Cash. North of Richmond Hill, new four rooms on lot 55x315. Tastefully papered, furnished, breakfast nook. Hurry for this one. Bob Taggart</p>
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IN THE RICHMOND HILL AREA

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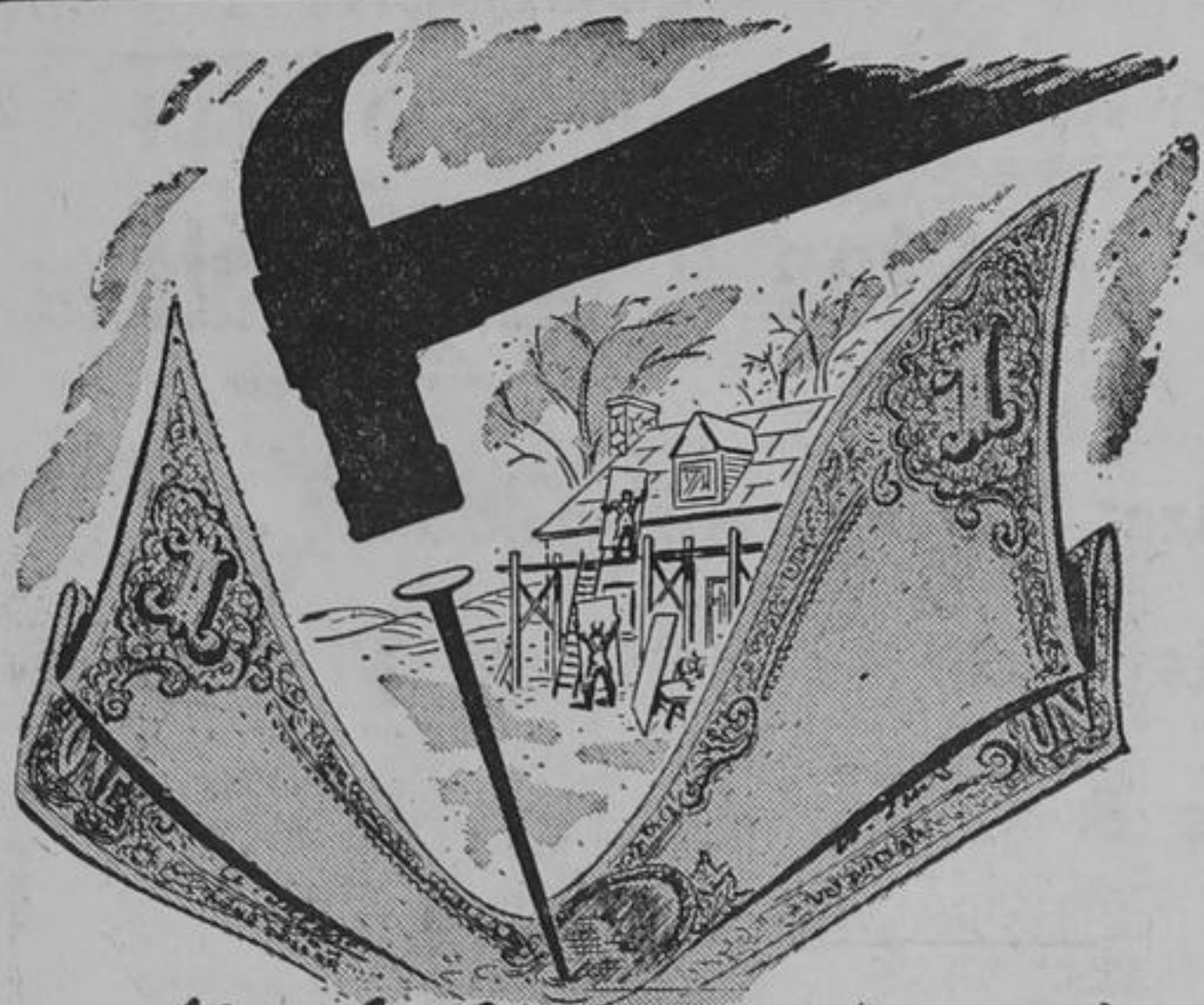
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RICHMOND HILL 608



## The Sports Clinic

(An official department of Sports College)  
Conducted by Lloyd "Ace" Percival  
CHAMPIONSHIP TRACK AND FIELD

A few weeks ago, we outlined a program of pre-season conditioning for track and field. Now it's time to swing into more advanced training. The program described is one used by a majority of the great runners today, based on the "over and under distance" principle.

Michigan University's Don Scott McEwen of Ottawa, Ontario, who is the top Intercollegiate two-miler in North America, does a lot of this sort of work.

Any training session should open with a good warm-up, including some jogging, some striding and a little sprinting, until you have worked up a sweat. Be sure to include lots of exercises, particularly those designed to loosen and lengthen the thigh and hip muscles.

In "over and under distance" training, the basic idea is to alternate the type of workout, doing under distance work one day, over distance the next. After a couple of weeks, you should change to two days of under distance, and one of over.

In the under distance work the idea is to do repeated runs at distances less than your race. For example, you might decide to work at one-quarter of race distance, if you were a half miler, this would mean running a 220, jogging back to the starting point, doing another 220, and then repeating over and over. The 220's should be done at slightly less than your best pace. You should continue until you have covered two or three times race distance, or about 10 or 12 220's.

The next day you would do your over distance, or one three-quarter of a mile run, somewhat slower than your half mile pace. To decide how far you are to go each day, alternate distances of 1/4, 1/2 and three-quarters of your race distance, with over-distance of 1 1/2 times your race. This should give you an idea of how to set up your schedule of training. For example, an 880 man would do repeated 220's the first day, three quarters of a mile the second, then repeated 440's, another three quarters on the fourth day, then 660's, a three quarter, and then back to 220's again.

Emile Zatopek, the Olympic 10,000 metre champion, has been known to do as many as 60 repeated quarters in 60 seconds or better at one time.

Always do a little more than you feel like doing. The conditioning value does not really become important until fatigue is felt. You are training not only to improve your body, style and condition, but also your competitive character.

Sprinters can also work out on the under and over distance principle but should add 10 or 15 minutes of starts every day. Athletes running middle and long distance events should finish off their over-distance workouts with 10 or 15 minutes of repeated sprints.

You can become a member of Sports College, the largest coaching service in the world, by writing a letter to "Sports College, Box 99, Toronto 1, Ontario." Membership is free. Specially-prepared books of instruction on all sports are available through the College. Additional coaching and tips from famous athletes can be heard on the Sports College broadcast every Saturday afternoon. Look up the time and station in your area and become a regular listener.

### Markham Wins 2nd Series

By a score of 6-1 Markham squared their semi-final series with Unionville at one game each last Thursday at Unionville behind the steady pitching of "Peggy" O'Neil.

"Peggy" O'Neil was the Markham hero Tuesday night when he shut out Unionville 2-0 in the final game of the series for Markham to win the series 2-1 and the right to meet Buttonville in the finals.

### Finals Begin Thursday

Tonight at Unionville the first game of the finals gets under way between Buttonville and Unionville in a five game series. The second game is slated for next Tuesday, August 21.

### Bowling Notes

The Memorial Trophy for A. E. Glass, E. T. Stephens and Geo. S. Walwin, in which 17 rinks participated from Toronto, Agincourt, Oshawa, Uxbridge, Aurora and Stouffville, was played for on Wednesday afternoon, August 8, with W. A. Cameron and his rink of Runnymede Club, Toronto, winning the trophy. Second for 3 wins was S. McMillan and rink of Oshawa. High for 2 wins was G. Yerex, L. H. Clement and W. S. Simpson of the local club. High for one win was F. Jacobi and his rink from Oshawa. Vouchers were given as prizes.

A mixed doubles tournament was held at Richmond Hill last Friday with Mr. and Mrs. R. Lynett taking first prize. Second was H. Burwash and rink from Agincourt; high for two wins G. Hilson and rink from Agincourt; high for one win J. Rutherford and rink from Agincourt. A full draw was had with several local rinks participating.

### TAXES

The second instalment of the current year's taxes is due on

August 1st

Pay promptly and avoid the penalty which must be added after

August 21st

**R. LYNETT**  
Village Treasurer,  
Richmond Hill, July 26, 1951

### Mangotich Wins Bout But The Ref Wins \$25

### CARRVILLE

Corr.: Mrs. Bert Middleton  
Telephone Maple 130r3

"Mangler" Ed Mangotich was another wrestler to win a match at the regular Friday night shows but also to lose financially as Referee Ronnie Leonard tacked a \$25. fine on Mangotich for striking him. Mangotich drew a tartar in Jeff Lund, a newcomer to the Hill fans but no greenhorn to the game, as he gave the Mangler a great going over before being pinned for the deciding fall.

The Black Knight registered a very unpopular win over strong Bob Jordan of Richvale in the feature bout. Jordan who pulled the iron man stunt by wrestling twice in one night clashed with Bull Penchoff of Scarboro in a one fall affair and won the match after a very creditable showing. Penchoff who is a very rugged gent indeed gave the strong boy some very anxious moments before losing out after 25 minutes of tough going.

When Bobby came back for the main event, he took the first fall with some terrific elbow smashes but as the match progressed his previous bout began to tell on him and he fell victim to the Black Knight's foul tactics to lose the match.

Farmer Norm Alexander of Richvale came in for his share of boos as he roughed Kid Sullivan of Brampton about for 22 minutes before crushing him with his famous head lock. The Brampton boy was certainly game and with a little more experience might be able to throw the bearded grappler; he certainly showed a lot of clever stuff and received a good hand from the fans at the end of the bout.

### Ministers, Laymen Sponsor Services

Plans for an Evangelistic Campaign similar to the one held last year in the Stouffville Arena have been made for two weeks of special services commencing August 19, sponsored by ministers and laymen of Stouffville and the surrounding district.

Rev. Q. J. Everest of Indiana will conduct the meetings, with his daughter, Miss Charlene Everest, as pianist. Mr. Everest is known as a speaker on the radio network each Sunday morning, and will be remembered by many here who recall his services in the United Missionary Church several years ago.

A choir of one hundred voices is being trained by Mr. Eldon B. Lehman of Toronto, to lead in the service of song. This choir is composed of men and women from the churches of the local district.

The King's Radio Quintette will furnish special music during the meetings; and following its successful contribution to the services last year, an electric organ will again be installed by Hallman's. Mr. Clarion Baker will again preside at the organ.

Armadillos are always born in groups of four and of the same sex.

The Carrville Girls Club are having their annual picnic to Bayview Beach on Saturday, August 18. The Sunday School children are invited to go along and are assured of a good time. The bus will be at Carrville Corner and Bathurst St., at 1 o'clock sharp afternoon. Bring along your picnic basket and join in the fun.

### Birthday Party

Miss Susan Lewis celebrated her eleventh birthday on Friday, August 10. She had as guests Lillian and Tommy Bilinsky, Violet and Leonard Randall, Ronnie and Gail Durham and Gretta Middleton. The party took the form of an early evening corn roast and weiner roast. When the children had several rounds of corn and weiners there was a birthday cake and pop then toasting marshmallows over the bonfire was a lot of fun. After playing some games a sing-song was enjoyed around the camp-fire.

Mr. and Mrs. Mike Bilinsky and family and friends visited at Brantford and Waterford and other points with relatives and friends also at Delhi where they saw the tobacco harvest being picked and prepared for drying at Mr. Bilinsky's sister's farm.

Mr. and Mrs. Clarence Price and Katharine, Ralph, Dougie and Bobby Price have returned home to St. Lambert, Quebec, after visiting with Mr. and Mrs. Bert Middleton and family.

Bobby McEwen is having a holiday at Rice Lake with friends.

John Barton returned home Saturday after spending nearly three weeks in Toronto with his sister, Mrs. Dean Wilson.

Miss Lillian and Tommy Bilinsky spent a week in Toronto visiting with Miss Olga Wayda. Miss Wayda returned home with Lillian and Tommy and spent a week with them.

Mr. and Mrs. Stuart Carson and daughter Doreen of Bowmanville spent several days with Mr. and Mrs. Walter Bone, last week.

Donald Walker of Sharon is having some holidays with Robert Middleton, his cousin.

### TENDERS

FOR ERECTION OF SCHOOL

Tenders will be received up to 5 p.m. Saturday, August 4, 1951, for the erection of a one room public school in S. S. No. 1 Whitechurch (Hartman's Corners). Plans and specifications may be obtained at the office of the Architect Herbert Horner, 259 Inglewood Drive, Toronto, Ont. Lowest or any tender not necessarily accepted.  
HERBERT HORNER, Architect.

## BARGAIN DAY FOR FARMERS

BARGAIN DAY because of the low prices asked for nearly new Farm Equipment — You are certain to find your requirements in the wide variety of "Used" Implements offered.

1 No. 201 Massey-Harris Tractor  
1 No. 102 'Junior' Massey-Harris Tractor  
2 No. 101 'Junior' Massey-Harris Tractors

1 No. 81 Massey-Harris Tractor  
1 Cockshutt No. 70 Tractor  
1 IHC W-4 Standard Tractor  
1 IHC Model M Tractor

These International Tractors were purchased new in May of this year

1 Cockshutt No. 30 — only two years old  
1 John Deere Tractor  
1 International 3-furrow Plow on rubber  
1 International 3-furrow Plow on steel  
1 Fleury-Bissell 2-furrow Plow  
1 Massey-Harris No. 5 Grain Drill  
1 Massey-Harris Corn Binder  
2 Massey-Harris Binders  
1 Massey-Harris Dump Rake, like new  
2 3-furrow Disc Plows  
1 4-furrow Disc Plow, completely rebuilt  
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### BETTLES COFFEE SHOP

Will be open the following hours for the week of August 20 to August 25.

Monday & Tuesday — 8 a.m. to 1.30 noon  
Wednesday — Closed all day  
Thursday & Friday — 8 a.m. to 1.30 noon  
Saturday — 8 a.m. to midnight

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Intriguing displays of science, industry, agriculture ... exciting watersports, motor shows, fashion shows! The thrilling Midway, the U.S. Air Force Band, and Spike Jones (4 days only)! This year, don't miss Jimmy Durante in the winning grandstand show! Don't pass up the afternoon show. Come to the exciting C.N.E!

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Elwood A. Hughes, General Manager

Evening Grandstand Tickets Reserved Seats \$2.50 \$1.50 \$1.00  
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### THINK IT OVER

WE'RE OFF TO HAVE  
A HOLIDAY —  
WE KNOW



WE'RE SAFE AND SOUND  
NEW COMFORT TOO,  
AND NO DELAYS



WITH NEW GOODYEARS  
ALL-ROUND!



See us for  
**GOOD YEAR**  
TIRES, TUBES  
DON'T LET TIRE TROUBLE  
SPOIL YOUR HOLIDAY!  
LET US CHECK  
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