

**Female Help WANTED**

For assembly of bed springs, experience not necessary, fair wage while learning, regular increase, 40 hour week.

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FLEX-O-LOC SPRING PRODUCTS  
42 Yonge St. N. Richmond Hill

**FIRST ANNUAL Auction Sale Of Outboard Motors**  
SATURDAY SEPTEMBER 15 2 P.M.  
NEW DEMONSTRATORS & USED MOTORS  
COMPLETE MOTOR MECHANICAL HISTORY

3.3 Evinrude  
5 Viking  
5.4 Evinrude  
7 1/2 Mercury  
7 1/2 Atwater  
9.7 Evinrude  
9.8 Johnson  
16 Johnson  
22.5 Evinrude  
25 Evinrude  
etc. etc.

All motors must be sold  
Some motors subject to reserve bid  
can be inspected at

**MORRISON'S SPORTING GOODS DEPT.**  
Main St. Newmarket Ph. 158

**ROXY** TWO CONTINUOUS SHOWS NIGHTLY STARTING 7 P.M.

**MARKHAM**

Friday, Saturday September 14, 15 Just Two More Days To See "Francis Goes To The Races" Donald O'Connor Piper Laurie and Francis, the Talking Mule	Wednesday, Thursday September 19, 20 "The Skipper Surprised His Wife" Robert Walker Joan Leslie
Monday, Tuesday September 17, 18 "Go For Broke!" starring VAN JOHNSON and the heroes of the 442nd Regimental Combat Team	also "Stella" with Anne Sheridan Victor Mature David Wayne

**BUYING A USED CAR?**

FOR BETTER USED CARS SEE THESE FULLY RECONDITIONED & GUARANTEED "OK" VEHICLES BEFORE DECIDING YOUR PURCHASE

1951 Olds. 98 4-door Deluxe, executive's car, low mileage	
1951 Chevrolet DeLux Coach	\$2,050.00
1950 Olds Rocket	\$2,575.00
1950 Pontiac, like new	\$1,995.00
1949 Chevrolet Sedan	\$1,695.00
1949 Chevrolet Sedan	\$1,595.00
1948 Chevrolet Sedan	\$1,450.00
1948 Plymouth Sedan	\$1,395.00
1939 Olds. Sedan	\$650.00
1936 Plymouth, much better than average	\$395.00
1936 Ford Coach	\$85.00
1936 Chev. Coach	\$295.00

**TRUCKS**

1950 Chevrolet 1/2 Ton Pickup	\$1,375.00
1949 International 3/4 Ton Pick-up	\$995.00
1939 Ford 1/2 Ton Pickup	\$395.00

YOUR CHEVROLET AND OLDSMOBILE DEALER  
**BILL BALL MOTORS LTD.**  
5642 YONGE STREET, WILLOWDALE  
Telephone Willowdale 8165

**The Sports Clinic**  
(An official department of Sports College)  
Conducted by Lloyd "Ace" Percival

**STRENGTHENING KEY FOOTBALL MUSCLES**

Last week we outlined an effective system of developing physical condition for the coming football season. Continuing this subject, here are some special exercises you can practice by yourself to strengthen the most important muscles you will use during the season — the legs, back and neck.

**LEGS!** One of the greatest coaches of all time was Knute Rockne, the legendary mentor of Notre Dame in the 1920's. During his 13 seasons with Notre Dame, Rockne won 105 games, tied five and lost only 12.

This first exercise, which develops leg power, is one used by Rockne in training his teams. It's called the "Rockne Jump."

Here's the idea: Place your feet together and do six or seven deep knee bends to warm up. As you squat down, keep your knees together the first time, then spread them wide the second, and continue alternating in this way.

Next, crouch on your heels in the squatting position. Now, drive yourself into the air with as much power as you can. Try to "explode" off the ground as you straighten your legs. When you land, take the squatting position again and repeat. Keep your arms at your sides. As you did during the warm up, alternate the knee position, keeping them together one time, apart the next. Keep the feet fairly close together.

On your first day at this exercise, do it as many times as you can, counting the number. Then, for the next week, do just two or three less than this number during each workout. At the end of the week again see how many you can do, and for the following week, do just two or three less than this new limit. Continue setting new limits each week, and in this way you will go from strength to strength.

**NECK:** Just last season a young football player with Samia Imperials died after breaking his neck during a game. Several others throughout the country suffered serious injury. Every player in the game would be wise to develop the muscles in this vital area.

Here's an "Energetic Tension" exercise that will build up your neck. Bend the head as far back

as it will go. Place your left hand on your forehead. Bring your head forward, resisting with your hand as you do. Use your right and left hands alternately, and repeat until tired.

Rest for a moment, then put your chin on your chest, clasp your hands behind your head, and move your head back. Again, push against it with your hands. Repeat until tired.

Next, put your right ear on your right shoulder. Resist with your left hand as you move the head until the left ear touches the left shoulder. Then use the right and, and move back the other way. Repeat until tired.

Note: Although resisting strongly with your hands, try to do these exercises as quickly as possible each time.

**BACK:** This exercise, the "Rocker Curl," was also a favorite of Knute Rockne. Lie flat on the floor, legs together, arms out, chin on the floor. Raise your upper body from the waist and bend it as far back toward the legs as possible. Remember to keep the legs on the floor. Hold your best position for a moment or two. Then relax. Repeat until fairly tired.

Rest for a moment, then take the same position again. Lift the legs in the same way, from the hips down. Don't bend the knees. Repeat until tired.

Rest, then lie down again, and this time raise the upper body and legs together. Make as big an arch as you can, hold it for a second or two, then relax and repeat until tired.

Practised regularly, this exercise will give your tackling, blocking and plunging muscles added power. A strong back is important to any athlete.

You can join Sports College and take advantage of its many services merely by writing to "Sports College, Box 99, Toronto 1 Ontario," and saying that you wish to join. Membership is free. Sports College training aids include clinics, a special literature series, a training newspaper and a weekly radio program. Mention the newspaper in which you saw this column. Tune in every Saturday afternoon to the station in your area carrying Sports College, and receive inside tips on sports from famous athletes and coaches.

**NORTH RICHVALE NEWS**  
CORRESPONDENT — MRS. M. BLACKBURN, Yongehurst Rd.  
Telephone Richmond Hill 137R13

Congratulations are extended to Mrs. Morinski of Yongehurst Rd. on the winning of \$25.00 in the C.N.E. baking contest. Mrs. Morinski won 1st prize for her upown bread and rolls and 2nd prize for white bread.

Mr. and Mrs. Harrison, formerly of Mill Road have taken up residence in Langstaff.

David Brown of Mill Road was a guest of the Gardiner family at their cottage in Haliburton last week-end.

Margaret Trussell of Mill Road celebrated her fifth birthday with a party on Monday last. Doug, Trussell, Robert West, Peter, and Sharon Hamilton, Jim and Steve Fowler, Gordon and Evelyn Fife all enjoyed the games and refreshments.

Mr. and Mrs. A. Ryder of Baker Ave. were very pleased to entertain Mrs. F. Ogg and Miss B. Ogg on Sunday, September 9.

Mrs. Wm. Adams and son John returned Saturday from their two week holiday in Quebec.

**Bowling Notes**

Jas. Grainger and Russell Lynett were high for two wins at Whitby last Saturday.

A mixed doubles tournament will be held at the local green this Saturday afternoon, September 15, at 1.30 sharp.

Morley Hall and Floyd Perkins, A. A. Eden and G. Yerex represented the club at the Globe and Mail Doubles in Toronto last week.

Mrs. H. LeCuyer, Mrs. N. Chatterley and Mrs. R. Charity won the Simpson Trophy in the ladies tournament at Agincourt last Wednesday.

Mrs. R. Lynett, Mrs. Al. White and Mrs. S. Pipher were high for one win.

The Mrs. L. H. Clement Memorial Trophy was played for at the local greens last Saturday, September 8, with Mrs. Roberts of Cosburn Park, Toronto, the winner. Mrs. Shapland, Glebe Manor, Toronto, came second with high for three wins; Mrs. Rayner of Allandale was high for two wins and Mrs. Blain of West Hill high for one win.

Mrs. N. Chatterley and Mrs. H. LeCuyer won 1st prize at Agincourt in ladies doubles on September 1.

**SAVE MILK - MAKE MONEY**

with the world's original and finest milk replacer

**Blatchford's CALF MEAL**

Available also in pellet form

Blatchford's Calf Meal is a scientific blend of all vital nutrients required by young calves and usually found in the dam's milk. It is enriched with extra valuable ingredients that make for stronger, more productive cows.

By feeding Blatchford's you save whole milk that would usually be taken by the calves and you make money by having that milk to sell.

One hundred pounds of Blatchford's Calf Meal is equal in feeding value to one hundred gallons of milk. One calf fed the Blatchford way saves you \$40 to \$50.

**Richmond Hill Farmers' Supply**  
RICHMOND HILL ONTARIO

**York Centre Ladies Softball League**

Elgin Mills girls, champions of the league in 1950 retained the championship for 1951 when they defeated the Stouffville girls in the finals by taking three straight games from the other winners in the semi-finals.

Elgin team had a wonderful season, losing only one game during the league schedule in Aurora. Going into the semi-finals they defeated Aurora three straight, repeating against Stouffville.

The executive and team wish to thank the many friends and supporters from Richmond Hill who turned out during the season and financially assisted, at the same time witnessing some good sport.

Plans are already being formulated for a league far better than the past for the season of 1952 when it is expected other districts will be represented in the circuit.

Teams for 1951 were Elgin Mills, Stouffville, Aurora, Peaches, Unionville and Victoria Square, finishing in that order. To all many thanks for your efforts.

**Richmond Hill To Play For Yates Trophy, September 14**

Newmarket defeated the Aurora Tennis Club 8 to 0 in last Friday night's tournament held at Newmarket, with the result that Richmond Hill will play Newmarket for top place and the Robt. Yates Trophy. The tournament is set for this Friday night at Aurora.

Those playing for Richmond Hill are Tim Saul, Paul Morley, Harry Hill, Doug, Hunter, Joyce Wilde, Eleanor Smith, Win. Maudsley and Alverna Smith.

**Douglas Palmer Leading Prize Winner At C.N.E.**

Mr. Douglas Palmer of Schomberg, formerly a Richmond Hill boy, was the leading prize winner in the Belgian horse classes at the Canadian National Exhibition, accounting for a total of eighteen ribbons in the various classes.

He won the following prizes: grand champion mare; reserve grand champion mare; junior champion mare; yield mare; fourth brood mare, first, fourth and fifth; filly, 2 years old, first and second; filly, 1 year old, first; filly foal, first, second and fourth; two animals, progeny of one dam, second; 3 animals get of one sire, first; stallion, 2 years old, third; best string of five horses, first.

As the final ribbon was placed on Douglas Palmer's horse at midnight a spectator was heard to remark, "Well, it looked like Palmer day," and so it seemed as on the same afternoon he had shown the Percherons owned by his father, J. W. Palmer, of Richmond Hill, winning the following awards: Reserve grand champion mare; reserve senior champion mare and second prize in the yield mare class.

**Don Head Farms Again C.N. Exhibition Winners**

The Don Head Farms of Richmond Hill scored another winner at the C.N.E. when their Angus cow was declared Grand Champion female. Their Angus bull became Senior Champion and Reserve Grand Champion.

**Dog Winners At The Ex.**

A recent winner at the C.N.E. Ontario Dog Derby is King North a golden Labrador retriever owned by Ernie North of Willowdale. King was declared grand heavy-weight champion.

Winner in the children's light-weight class was Sandy owned by John Heighway of Unionville.

**Two Local Farms Have Winners At Exhibition**

In the fleece wool class at the Canadian National Exhibition two well known local flocks shared top honours. In the domestic fine combing Siverstream Farm, showing Southdown fleeces, won 1st and 2nd prizes; and in the domestic medium combing 2nd and 4th prizes were won by Macisroft Farm showing purebred Ryeland fleeces.

**HILLTOP ELECTRIC**

ELECTRICAL CONTRACTING LINE WORK DOMESTIC & INDUSTRIAL

PHONE RICHMOND HILL 292  
25 YONGE STREET SOUTH

**Notice To Creditors**

IN THE MATTER OF THE ESTATE OF DR. FREDERICK WILLIAM ROUNTLEY, LATE OF THE VILLAGE OF MAPLE, IN THE COUNTY OF YORK, PHYSICIAN, DECEASED

Take notice that all Creditors and others having claims or demands against the Estate of the said Dr. Frederick William Rountley who died on or about the 12th day of February, 1951, are required on or before the 15th day of September 1951 to send to the undersigned full particulars of their claim. After such last mentioned date the Executors will proceed to distribute the assets of the Estate among the parties entitled thereto, having regard only to the claims of which they shall then have notice.

Dated August 22, 1951.  
FLEMING, SMOKE, MULHOLLAND & BURGESS  
330 Bay Street, Toronto  
Solicitors for the Executors.

**Perry's Pharmacy**  
TWO MORE DAYS  
OF  
**I.D.A.'S Money Saving A.B.C. SALE**  
MAPLE, ONT. PHONE 164

**Toronto & Yorks Roads Commission TENDERS FOR SAND**

SEALED TENDERS, properly marked, will be received by the undersigned up to 12.00 o'clock Noon,  
**FRIDAY, SEPTEMBER 28, 1951**

for the supply and delivery of treated sand in stock pies in the undermentioned districts:

**District "A" — East of Yonge Street**  
In the Townships of Scarborough, East York, North York and Markham (south of King's Highway No. 7)

**District "B" — East of Yonge Street**  
In the Townships of Markham (north of King's Highway No. 7), Whitchurch and East Gwillimbury (south of Sharon-Mt. Albert Road)

**District "C" — East of Yonge Street**  
In the Townships of East Gwillimbury (north of Sharon-Mt. Albert Road), North Gwillimbury and Georgina

**District "D" — West of Yonge Street**  
In the Townships of King and Vaughan

**District "E" — West of Yonge Street**  
In the townships of Etobicoke, North York and York.

A marked cheque for the sum of \$1,000.00 must accompany each tender.

Specifications, Information to Bidders and Tender Forms may be obtained at 67 Adelaide Street East, Toronto 1, on and after MONDAY, SEPTEMBER 17, 1951  
Lowest or any tender not necessarily accepted.

H. C. ROSE, Chief Engineer  
67 Adelaide St. E., Toronto 1, Ont.  
R. E. BALES, Chairman



**"What's new?"**

AS HE PULLS UP at the end of his day's run, it's just his friendly way of saying "hello". But if there is some important development in town, he expects his friend the bank manager will know about it: ... plans for enlarging the school ... the chance of a new factory opening up ...

It's part of the bank man's job to know his community. His customers expect him to know "what's new" in other parts of Canada and elsewhere, too ... business facts, leads to new markets at home and abroad for farm as well as factory.

You will find your bank manager well posted, and ready to serve you. Chartered banks work that way.

One of a series  
by your bank

**WRESTLING Every Friday In Richmond Hill Arena At 8-30**