

LET JAMES J. DO IT



**Hurry!
Hurry!**

Just ignore your plumbing lady, until it's too late. Of course, it's never too late to call us — but the sooner you call, the less it will cost you in the long run. Though our charges are low, they naturally go higher with the amount of work involved. We guarantee satisfaction always.

A path up to our Door they're beating They've heard about Our water heating.

JAMES J. WALL

PLUMBING HEATING
SHEET METAL WORK EAVESTROUCHING

OAK RIDGES P.O. PHONES KING 111 AURORA 46-J

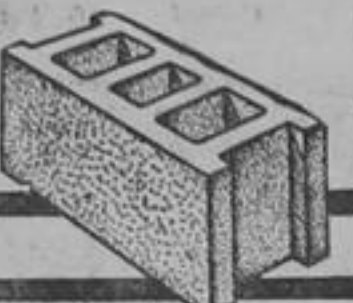
Build it with CONCRETE BLOCKS



STANDARD SIZE UNITS
build your home quickly!

No need to use costly, time-consuming building materials when you can get your home erected quickly with CONCRETE BLOCKS — too, you'll find its lower maintenance returns substantial savings through the years.

- CONCRETE BLOCKS
- CINDER BLOCKS
- BACK-UP TILE



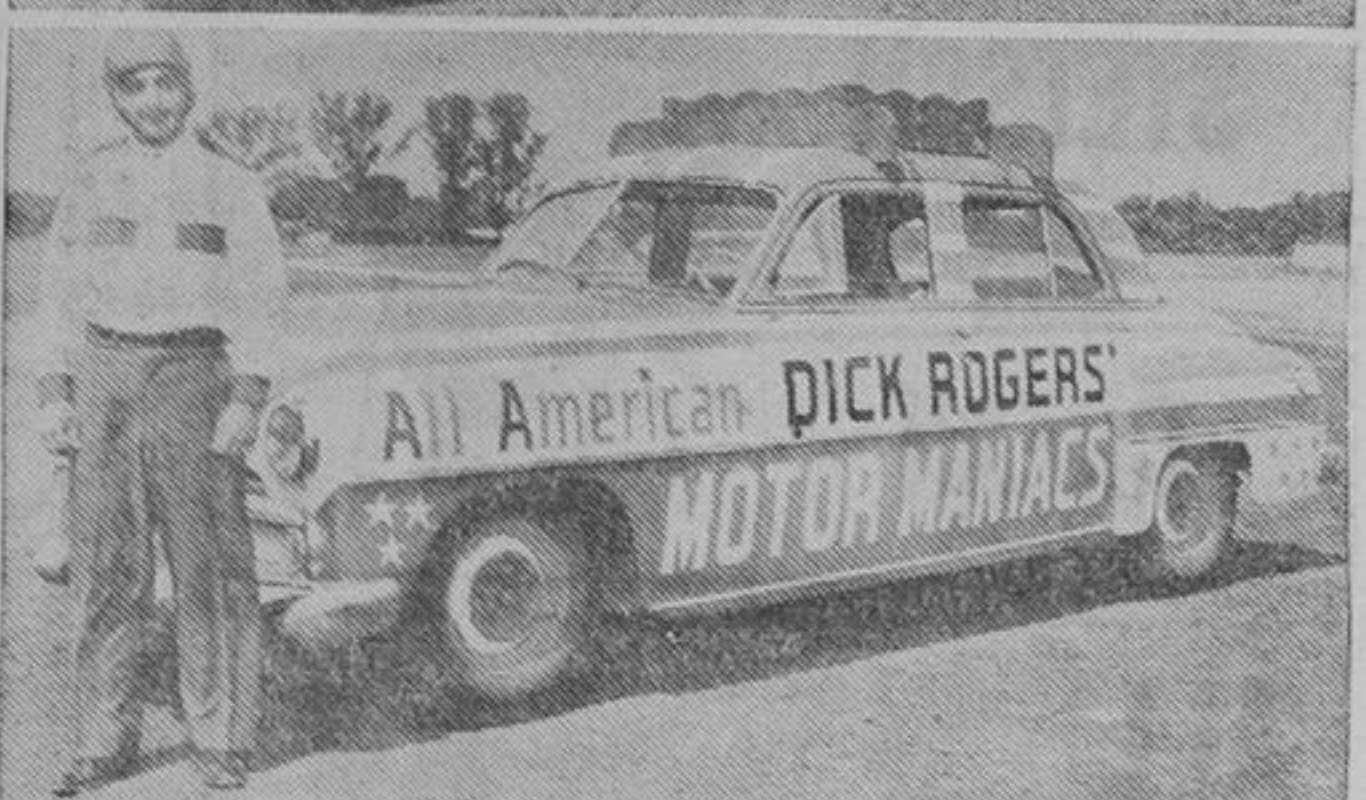
MEETS ALL A. S. T. M. SPECIFICATIONS

GORMLEY BLOCK CO.
LIMITED

Gormley, Ont. Phone Stouffville 381W1

These Auto Daredevil Shows to Compete One Against the Other for Championship

Afternoon Grand Stand 12 Days
Mon., Aug. 31 through Sat., Sept. 12
CANADIAN NATIONAL EXHIBITION
TORONTO



The above 3 world's leading Automobile Daredevil Shows are scheduled to compete one against the other in every known Automobile and Motorcycle thriller. Each show will try to outdo the others in rolling automobiles end-over-end and side-over-side; jumping automobiles completely over huge buses and crashing them into parked automobiles; the dangerous Roman Standing events; the Slide-for-Life; motorcycles leaping high into the air and through space; Hell Driving; and a dozen other thrillers. All this to decide what show and what individual daredevil can claim the title of World Champion. It's the big afternoon event of the C.N.E. and besides this big show there will be 12 of the Greatest Circus Acts in the whole world... all for 12 days, Aug. 31 through Sept. 12th. The cost is extremely low for Grand Stand seats—Reserved, \$1.00; General Admission, 50c; Children, 50c.

DISTRICT SPORT NEWS

Experienced Masters Clash

Mat Fans Get Moneys Worth In Possible Last Bout In 'Hill

Well if this was the swan song of the Richmond Hill wrestling attractions, they certainly went down kicking to the bitter end. Old friends and grudge were dug up from the dim dead past that threatened to blast the very ring from its foundations before the night was over.

Masters Clash
The main bout was a clash between two experienced masters of yesterday who renewed an old friendship, so to speak, and just about killed each other in the process. Juan Lopez and "Red" Garner gave one of the most brilliant spectacles of offensive wrestling which has been seen in a long, long time.

At Dirty Best
Lopez was at his dirty best, though "Red" didn't come far behind. The first fall went to the wiry little Mexican, who exhausted most of his extensive knowledge of chokes, gouges and out and out meanness before "Red" called it quits. Looking in the Reverse Mexican Neck Twist. When "Red" did manage to get free of the clinging antics of the diminutive assassin, he worked in a few kicks and knees of his own, but all was to no avail, and after Lopez had thoroughly pulverized Garner's abdomen with his fist, the neck twist did the rest.

Garner Takes Fall
The second fall was Garner's all the way. "Red's" fingers have a habit of being everywhere at once — especially in his opponents' eyes — as Lopez found out to his surprise. Garner was well recovered from his earlier loss, and drove the little brown fellow all over the ring in a welter of elbows, fists and knees. Then he lifted Juan high into the local atmosphere and brought him crashing to the canvas in a body slam. He picked him up again. Then swung him high

and smashed him across his knee in a back-breaker. Lopez was in no condition to argue when the referee tolled one, two, three.

Lopez Takes Match
Lopez opened the last round with a bar arm lock, and spinal punches. "Red" then applied the neck twist — and got his fingers bitten. Lopez then worked into a bar-and-arm back-breaker, and took the fall and the match.

Diamond vs Greenfield
The second preliminary brought an old acquaintance back to the arena — Jack Diamond, the ex-Canadian Middleweight Champion from Hamilton, who came up against Joe Greenfield. Diamond began hostilities before the bell rang, and continued them throughout the entire bout, much to the dismay of Joe. Greenfield's famed scissors almost pulled off the match for him, but Diamond's nasty kneedrop flattened Joe, but good.

In the first preliminary Wilhelm Bauer took Red O'Brien two out of three.

Free For All
The last bout of the evening was a slap happy free-for-all between Joe Greenfield, Red O'Brien, Don George and Wilhelm Bauer. O'Brien and Bauer ganged up on Greenfield and disposed of him in a hurry. Then they piled onto George and finished him off. This left Bauer and O'Brien, who pounded each other around the ring until "Red" walked into a punch in the stomach that folded him up like a jelly fish and made Bauer the last man on his feet and ergo — the winner.

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Perreval

BIG MEALS FOR SMALL ATHLETES

Small athletes should eat big meals if they are to sustain full energy and endurance throughout their activities. In a series of tests it was proved that when small athletes pack away extra calories their energy and endurance is definitely improved. The idea was that the small athlete usually has a very active metabolism and burns fuel at a higher rate than the bigger athletes. As a result he must make sure he takes in more fuel for his furnace to use. Generally speaking small men don't eat as much as large men and thus if they don't pay special attention to the number of calories they get they are likely to run out of fuel.

Another factor considered to be important is that the small athlete usually is more active than the larger athlete because he must depend on his speed, ability and constant action to make up for his lack of size. For example, in running a mile the smaller athlete with the shorter legs moves his muscles much more frequently than does the larger athlete with the longer legs and thus longer stride. Any athlete on the small side who finds he runs out of energy and power should make sure he takes in a couple of thousand extra calories per day mainly in the form of lean meat and such energy foods as fresh fruit and honey and whole grain products. According to recent tests conducted at Sports College with the Testing Group it was found that when the small man makes sure he gets plenty of the right kind of fuel his energy and endurance cannot help but be improved. The motto suggested for the small athlete is, "Eat Right To Play Well."

STEP IN LATE FOR MORE POWER
One of the secrets of hitting the ball hard is to postpone your step in toward the ball as long as you can. Most ball players step forward too soon and thus hit the ball with only the strength of their arms because their body has stopped moving forward. To get maximum power make that step into the ball as late as possible so that

Maple Leads 2-1 Over Concord In Best Of 7 Series

The Little World Series of the Vaughan and District Softball League is under way. Maple leads Concord 2-1 games in a best of seven series. Concord took the first game 9-8 but Maple buckled down and took the next one 10-4. Monday night Maple went ahead 2-1 in the series by trouncing Concord 24-4. Concord tried some strategy when Ron Keffer went in to relieve Bruce Awkland but to no avail as Bruce had to come back in the next inning. Floyd Walker went all the way for Maple as he scattered 9 hits and gave up two walks. Bill Joyce had a perfect score for Maple as he walked five times in five times at bat. Stan Foster, Ron Keffer and Al Rach hit home runs, Rach hitting a "Grand Slam", his first of the year. Maple moves to Concord tonight (Thursday) for the fourth game, so let's have a good turnout. These are active games and shouldn't be missed by Softball enthusiasts.

Whitchurch Twp. Bowling Alley By-Law

Whitchurch Twp. Council gave two readings last week to a bylaw which will license and regulate bowling alleys and at the final reading will set the hours in which such establishments may be operated.

A bowling alley is presently going up on the south shore of Musselman's Lake, although Reeve McLaughlin reported to council that the owner had not paid for a building permit, nor submitted plans and estimated costs.

Mal Sinclair Is "Man Behind The Scene" At Pinecrest Races

Handicapping is a tough racket — oops, we mean business — in any sport but probably the position of handicapper and chief scorer at a stock car racing park tops 'em all.

Long, lean and good-natured Mal Sinclair is the "man-behind-the-gun" at Pinecrest Speedway and a fellow would have to be a candidate for a mental institution to envy the Willowdale citizen's job. Mal is on hand every Saturday and Wednesday at least a half hour before the 8:30 p.m. starting time at the No. 7 highway track — and from then until closing time nearly three hours later is busier than a one-armed paperhanger.

Besides checking the cars as they arrive, putting them into slow, medium and fast categories, Mal has to figure out the race positions for each buggy on its past performances and then tell Promoter Norm Smith who winds up in the money after every event.

As if that isn't enough to try the patience of Job, especially when you add the drivers' beefs — hollered from the infield and made in person — but Sinclair is also bothered by newspaper and radio men and others who find their way to his roof-top hacienda.

"What's the point score?" "Who's driving such-and-such a car?" "What happened to so-and-so during the last race?" When did this driver or that driver first race at Pinecrest?" "How old is he?" "Where was he born?" — etc. — on into the night. Those are just some of the umpteen questions fired at Mal every night.

After getting the three qualifying heats lined up, Mal goes according to a definite plan for the balance of the show. Non-features qualify for a prize in one of the consolation with their previous positions reversed. If they fall once more there's always the "Last Chance" race. It pays the first four finishers, but only the winner makes the feature event — and draws exactly last starting position.

Through all this Sinclair is his easy, amiable self. Taking the complaints and questions in stride and doing a bang up job. He's generally the last guy out of the park — and most often leaves with a smile on his face and a pile of books under his arm.

The next Saturday or Wednesday

DEPT. OF HEALTH TWP. OF NORTH YORK

- Eating Hints for Older People**
1. Moderation is essential, not too much or too little.
 2. Frequent feedings are helpful.
 3. Excessive condiments may irritate the intestinal tract and the kidneys.
 4. Some bulky food is required.
 5. Keep the water supply in the body constant.
 6. Drink 6-8 glasses of water daily.
 7. If your first 60 years have been healthy ones, don't worry about the next 40.
- CARL E. HILL, M.D., M.O.H.

THIS SATURDAY

With every purchase of \$3.00 OR MORE Coca-Cola Ltd. will give FREE ONE 6-BOTTLE CARTON OF COCA-COLA (2¢ Refundable Deposit on Each Bottle)



PRIDHAM'S I.G.A.
Elgin Mills TU. 4-1452

Miniature Golf Tournament At Dufferin Fairway

Entries are now being accepted for Toronto and District Championships, to be held at the Dufferin Fairways, Dufferin St. at No. 7 Highway.

The Men's Open will be held on August 29, with entries closing on the 27th. The Mixed Doubles will be featured on Saturday, September 5 and entries close on September 3. Match play and elimination draw will be considered and the tournaments are open to adults, only.

There is no entry fee for this event and no qualifying round. Prizes and trophies will be presented to the winners in the various classes. This is a wonderful opportunity for an afternoon's fun at absolutely no cost.

THE LIBERAL, Richmond Hill, Thurs., August 20, 1953

SAND, GRAVEL, CRUSHED STONE, LOAM & FILL,
CUSTOM GARDEN PLOUGHING & DISCING,
SOD, FLAGSTONE, & LIGHT GRADING

L. W. REID
Smith Crescent Avenue 5-2211 Thornhill

STOCK CAR RACES PINÉCREST
(NO. 7 HIGHWAY 2 MILES WEST OF DUFFERIN)

Free RAIN OR SHINE Parking
Adults \$1.00 Children under 12 With Parents FREE

EVERY WED. & SAT. - 8.30 p.m.

Thrilling JALOPY RACE
Saturday, August 22

WRESTLING

Richmond Hill Arena Tue., August 25 8:30 P.M.

LOPEZ	vs	ORLANDO
VON SIEBER	vs	SULLIVAN
MANGOTICH	vs	JORDAN
FLICKER	vs	GEORGE

Ringside \$1.00 General 65c Children 25c
FREE PARKING

ROSS MOTORS

● B. A. DEALER ●

STOP 14A YONGE STREET,
THORNHILL, ONTARIO

AV. 5-1314 ROSS URWIN
VAL CHARLAND
MORRIS CHARLAND

AN OPEN LETTER TO THE READERS

As newcomers to your community we would like to take this opportunity to say "Hello". It is our hope that you will come to know and like us and so accept us as friends and neighbors.

We offer you, in addition to the fine B.A. products and friendly courteous service, the skill and workmanship of a competent licensed mechanic.

Ross will be pleased to discuss, diagnose and remedy, if it is your wish, the ailments from which your car may be suffering.

Should our service and workmanship be found wanting in any respect, we would appreciate and welcome your criticism.

Yours sincerely,
M. L. CHARLAND,
for ROSS MOTORS

Your friendly B. A. Dealer

P.S. — As a special get acquainted offer
11 GALLONS OF GAS FOR THE PRICE OF 10
Purchase 10 gallons of gas, present this ad. and receive 1 gallon FREE.