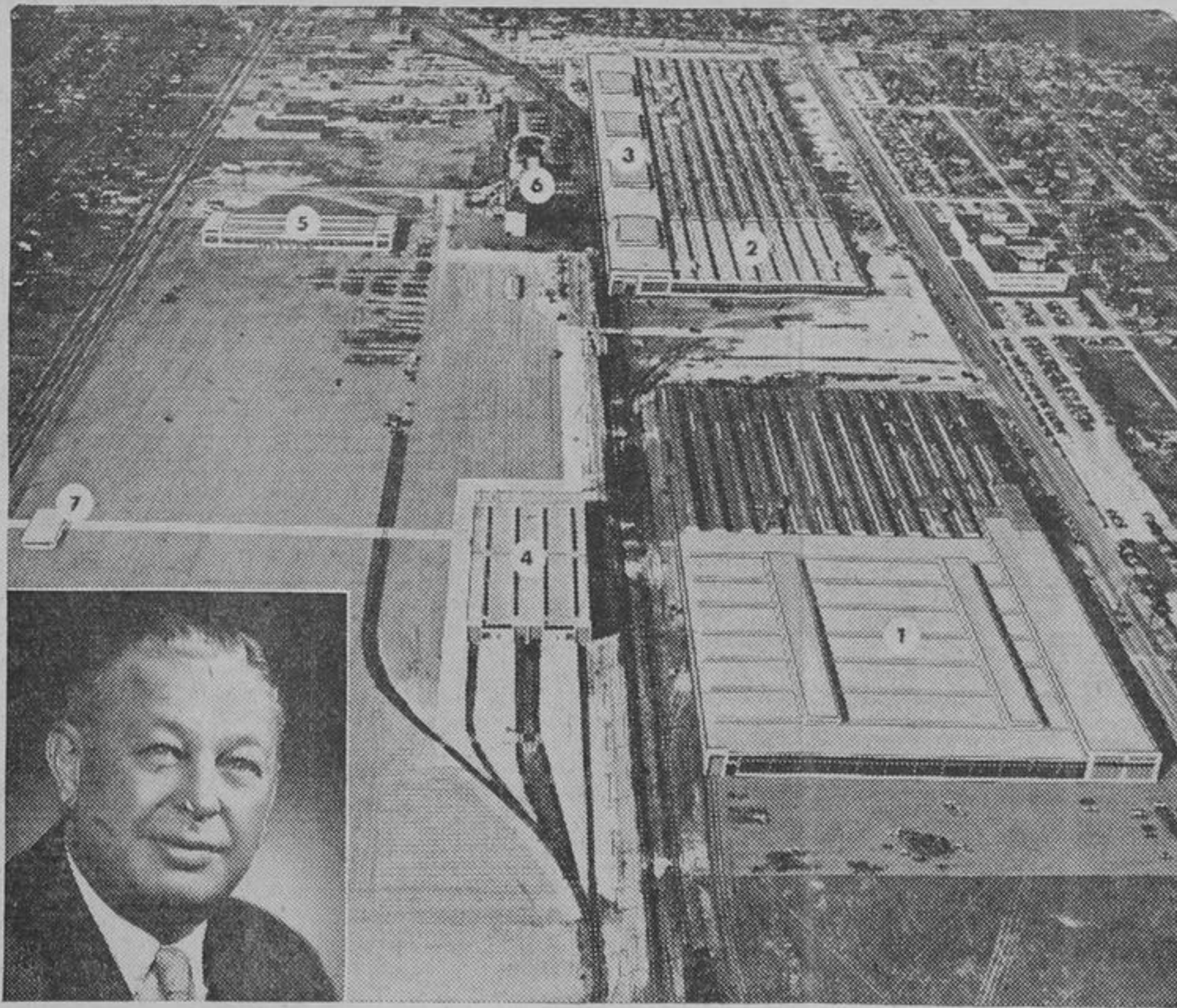


MARKHAM - UNIONVILLE
**Lions Club
 Carnival-Draw**
 for
Television & other Valuable Prizes
WEDNESDAY, DEC. 23
 AT UNIONVILLE ARENA

Program:
 7.30-8.00 P.M.
 Pee-wee Hockey
 8.00-8.30 P.M.
 Figure Skating Exhibition by Unionville Skating Club
 8.30-8.45 P.M.
 Comic Act by Figure Skaters
 8.45-9.15 P.M.
 Lions Broom Ball Game
 9.15 P.M.
 Public Skating



More than 40 million dollars of new buildings and equipment are represented in the "keyed" structures shown in the above photo based upon an aerial view of the Chrysler Corporation of Canada, Limited, plant at Windsor, Ont. Sketched by the artist are the new buildings, those under construction and those which are planned as part of Chrysler's vast expansion program. When the work is completed, according to E. C. Row, President and General Manager (inset), Chrysler of Canada will have facilities to more than double its present production of passenger cars and engines.

VICTORIA SQUARE NEWS
 CORRESPONDENT: Mrs. W. Sandie, Victoria Square
 Telephone Stouffville 67509

The Christmas meeting of the Mission Band will be held in the Sunday School room on Saturday afternoon, December 12, at 2.30 p.m. All the girls and boys in the community are invited to attend.

White Gift Service
 The annual White Gift service will be held on Sunday, December 13, during the Sunday School period at 1 p.m. The gifts will be sent to the Fred Victor Mission in Toronto.

Men's Banquet
 There is to be a turkey supper for all the men in the community in the Sunday schoolroom on Wednesday evening, December 16, at 7 p.m. The guest speaker will be Rev. Leslie Millen of Toronto, who has spent several years in a concentration camp in Hong Kong. Tickets may be procured from H. Collard, F. Gee, P. Bennett, L. Hart, A. Orr and E. Empringham.

W.M.S.
 The Christmas meeting of the W.M.S. will be held Thursday, December 17, at the parsonage. Please note the change in day and date. The election of officers will take place. As this will be the last meeting for the year, the members are asked to please be present. Since the allocation is down somewhat, it is requested that all members try to make it up to the required amount.

S. S. Concert
 The annual Sunday School Christmas concert will be held in the Sunday School room on Wednesday evening, December 23, at 8 p.m.

Bridal Shower
 On Friday evening of last week a number of friends and neighbours gathered at the home of Mr. and Mrs. Leslie Hart to hold a miscellaneous shower for Mr. and Mrs. Philip Runney (nee Joyce Healey) who were married recently.

Personals
 Birthday greetings to Miss Barbara Empringham who will be four years old on December 10.
 Wedding anniversary greetings to Mr. and Mrs. Marcus Jarvis on December 5, Mr. and Mrs. William Orr on December 6, Mr. and Mrs. H. F. Collard on December 10.

Elgin Mills News (Cont.)

Honoured
 Mr. Clifford Pullen, of Elgin Mills, recently celebrated his 25th anniversary with A & P Food stores and joined more than 500 New England Division Employees in the company's 25-year club.

On his 25th anniversary he received a cash award from the company and congratulatory messages from Lawrence M. Cazayoux, Divisional President, and L. W. Beebe, vice-president in charge of operations throughout this area.

Mr. Pullen is married and has three children. He is quite interested in church activities.

The Sports Clinic

An Official Department of Sports College
 Conducted by Lloyd Percival
 all you need do is join Sports College.

Hockey Build-Up Schedule

In preparing for the actual start of the hockey practice season it is wise to work on certain fundamentals of conditioning so that the player will be in a sound enough basic condition to take part in the training plan once the season gets under way. Since hockey is definitely a lung, heart and leg activity, the best possible conditioner is running. However, just going for a long, easy run is not sufficient. Certainly it will develop condition of a kind but not the kind near the level of condition desired. The ideal pre-season program should include lots of sprint work as well as distance work. A sample week's workout of this type is given as an illustration.

First Day:
 Free, relaxed jogging for two or three minutes then 10 or 15 fast bursts of 15 yards, slowing gradually and jogging back to the starting point between each burst. These bursts should be taken from a standing start with the feet comfortably apart, knees slightly bent and body square to the direction in which the athlete will be running. One start should be made with the left leg moving first, the next with the right. The athlete should be helped by somebody else who can start him by a hard clap of the hands. After the session of short sprints the athlete should jog off his fatigue by doing two or three minutes of a slow, relaxed jogging.

Second Day:
 The athlete should do distance work made up of variations of speed. Start off with 4 minutes of easy running. Sprint 20 yds. and walk 50 yards for 4 minutes. Run at a good pace for 1 minute. Jog slowly for 2 minutes. Run backwards at best speed for 25 yards, turn and run forward best speed for 25 yards for 1 minute. Jog easily for 2 minutes. Finally, run 30 seconds as fast as possible. Do these workouts on alternate days and rest on the seventh. Really go to work on this schedule and get the jump on your opponents.

Back Thigh Flexibility
 Stretching exercises for the various parts of the body should be emphasized in the build-up for the coming hockey season. Here is an exercise designed to stretch those all-important back thigh muscles. Stand with the feet comfortably apart, toes pointing straight ahead. Bend the knees and place your hands flat on the floor about two feet in front of the toes. Straighten the legs slowly until they are completely straight. As you improve in your flexibility gradually move your hands closer to your toes.

Sports is designed to help you improve your health and charge publications featuring the latest information in the sports efficiency. It has available for a minimum field of sports and physical fitness and conditioning. To get this valuable information

HEADFORD NEWS

Correspondent:
 Mrs. H. Acreman
 R. R. 2 Gormley, Ont.
 Phone Turner 4-2236

Home and School

Headford Home and School Association met Tuesday evening last for the December meeting. After the business session, Miss Pat Hardy played a series of recordings telling the old Christmas story. Mrs. Dorothy Bowman, speaker of the evening read a playlet she had written of a mother in difficult circumstances, persuasively changing her several children's requests for Christmas gifts into presents to be given to others even less fortunate than themselves. This part of the program was quite spontaneous, Mrs. Bowman not knowing beforehand of our intention to have Miss Hardy's records.

In her address Mrs. Bowman was her usual sparkling self, captivating her audience with her informal chat of her work, its new branches, and how it is progressing and expanding. Mrs. Bowman does a very important work with cerebral palsy patients, with particular attention to the defects in their speech. She calls them "special children" and accomplishes a great deal of her success through her very great love for these handicapped youngsters.

The regular executive meeting is cancelled for this month.

Mr. and Mrs. George Barker, and Mrs. Wm. Wellman were in Hamilton on Friday last, calling on Miss Rhoda Barker.

Miss Pat Hardy was guest soloist at one of the women's organizations of Yorkminster Baptist Church in Toronto one evening last week.

The folk of Headford community gathered at the school Friday evening, despite the unseasonable "thunderstorm" to hold a party and make a presentation to Mr. and Mrs. Harland Horner, recently married. The gift was a silver tea service and tray, brought forward for presentation by Rosemary Leek and Jeannie Clark. Refreshments with ice cream and cake brought to a close what was described as a "rollicking time".

It was pleasant to see E. Rutan in church on Sunday with little Wendy Christine. Hope to see Donnie and his mother at the Christmas tree on Friday.

The small daughter of Mr. and Mrs. Norman Tyndall was baptized in church on Sunday by Rev. Mr. Huston, being given the name of Mardi Annette. The grandparents on both sides were present for the ceremony.

Of course everyone will be on hand on Friday evening for Headford Sunday School's annual Christmas Concert and Christ-

mas Tree. We have a note from Santa Claus that he will be there, so don't miss it.

White Gift Sunday will be observed in church on December 13, with a joint service of church and Sunday school at 10 in the morning. The children have a definite part in this service, so it is hoped that the parents will be out to support their efforts.

Mr. and Mrs. Chas. Porter, Mr. Laurie Porter and Mrs. Philby of Scarborough were guests at the week-

end of Hal and Mrs. Acreman. Mr. and Mrs. Bert Gower of West Toronto, cousins of Merrill Johnson, visited with the Johnsons on Sunday.

Mr. and Mrs. Earl Sherk and family were guests of Mr. and Mrs. Cummer Lee on Sunday.

Murray and Lorraine Acreman entertained Mr. and Mrs. Chuck Hill, Chuck Jr. and Bonnie of Toronto at dinner Sunday evening, before Murray left for Sudbury.

Electors of Markham Township

To those in Markham Township who worked for me and voted for me in this year's municipal election I extend my sincere thanks. May I at this time wish the 1954 Council every success.

C. H. Hooper

To the Electors of Markham Township

I extend my thanks for the splendid support accorded me at the polls on Monday. As your deputy-reeve I will endeavour to work for the good of all the ratepayers of Markham township, and to that end I invite the friendly co-operation of all citizens of the Township.

William L. Clark

Best Wishes
 for the Success of
**The Richmond Bowl
 and
 Richmond Theatre
 Grill**

Decorating by
CHARLES DAVIES
 AURORA - - - ONTARIO

Simpson's Extends Congratulations
 on the occasion of the opening of the
 new Richmond Hill Bowling Alley and
 restaurant.

We are pleased to have played a part in
 supplying and installing carpet
 throughout the building.

BRANCHES FROM COAST TO COAST
 TORONTO MONTREAL REGINA
 HALIFAX LONDON VANCOUVER
 WINNIPEG EDMONTON

Simpson's
 CONTRACT DIVISION
 TORONTO

Did you know that in the event of an atomic attack on a city the size of Toronto an estimated 40,000 living casualties will require approximately 60,000 pints of blood and plasma immediately from the Red Cross Blood Transfusion Service.

Congratulations to
**RICHMOND BOWL
 and
 RICHMOND THEATRE GRILL**

Opening Saturday, December 12th

General Contractors for Construction

AURORA BUILDING CO. LTD.

John W. Bowser, President

Aurora

Ontario