

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

DRILLS FOR ALL 'ROUND HOCKEY SKILL

Many coaches write to us asking for advice on how to solve the lack of time problem as far as practice methods are concerned. Because of weather changes in many parts of the country — which result in crowded and inadequate facilities, city or town league team have very little time to practice. Most teams are lucky to have one regular practice per week. Thus, it is difficult to work out a system of practice that will really pay off. The problem is to figure out a way to decide just how practice time can be used to bring the best possible results. We have found a drill called "Five On Two" is probably the best all round drill that will do an excellent job developing hockey skills and condition for every member of the team from the goalkeeper out.

In this drill you play five men — two defence men and three forwards against two outside players — plus a goal keeper. The puck is faced off inside the blue line zone and then the five offensive players try to pass the puck around until it is in a good scoring position at which time they try to score. The two opposing or defensive players try to get possession of the puck long enough to try to shoot it out and down the ice. The two defence players work as follows; one player keeps in front of the net trying to guard off any attempt to score from this ideal position while his partner acts as a chaser tearing all over the ice trying to force the offensive players into a mistake or a wild pass. The five offensive players concentrate on trying to take full advantage of their edge in manpower and pass the puck around until they build up a really good scoring chance. The moment the puck is in a good scoring position it is shot at the net.

The players work in this way for two or three minutes and then the players are changed with two other players taking up the defensive positions and those who are working on the defensive side become a part of the offensive group. This drill can be conducted at both ends of the ice if you have two goal keepers. Constant reminders will have to be made to force the players to work harder and the whistle should be blown every time a mistake is made so that all the players will be learning the proper moves as they go along. This drill kills about six birds with one stone and because the action is so fast is a good conditioner. To be properly effective it must be well organized and conducted at a very fast pace with everyone really giving out with top effort.

TEMPERANCEVILLE NEWS

CORRESPONDENT: MRS. ED. PAXTON, R. R. 3, KING
Phone TU. 4-3059

Church News
On January 24, the annual congregational meeting will be held in the Sunday School rooms at 8 p.m. Everyone is urged to attend. Those with reports are asked to have them on hand and to be as brief as possible so the business period will be completed in a minimum of time.

The W.A. and W.M.S. will hold the first meeting of the year on Thursday, January 20.

O.A.C.
Gerald Jennings spent several days the past week attending the short course on Livestock at the O.A.C., Guelph. Gerald thoroughly enjoyed the experience which proved most beneficial and interesting.

Personals
Mrs. Stella Paxton enjoyed having as her guests at a belated New Years dinner on Sunday, Mr. and Mrs. Joe Levison and family, Mrs. Sarah Payne and Mr. Ed. Cottell.

We are glad to report Mr. Herrema is up and around after his bout with the flu.
Mr. and Mrs. Geo. Manning of Maple were guests of Mr. and Mrs. Nelson Thompson on Sunday.

Obituary
Late Joseph Levison Sr., Joseph Levison Sr., a resident of Temperanceville, 2nd concession of King, for the past 25 years, died suddenly of a heart attack at his home on Thursday, December 30, 1954. The funeral was held on January 1 from Thompson's Funeral Parlours, Aurora, with Rev. E. C. Middle conducting the service. He paid great tribute to one whose patience and courage had aided him through many trials in his 79 years of life.
An Englishman, the deceased was born in Blythe, Northern England, and took as his bride on July 27, 1904, Elizabeth Jane Short of Newcastle-On-Tyne, England. They settled there where their two sons were born. Before his marriage, Mr. Levison served in the Boer War and in the post war period spent seven years in Africa. Still with the spirit of adventure in his soul, he came to Canada in 1909 where his wife joined him with their son Joseph. They settled in Toronto where two daughters were born. A steamfitter by trade, the deceased took up farming when his son showed marked interest in this direction. The family settled on the farm formerly owned by the late Wm. Paxton.
Mr. Levison's wife predeceased him on January 24, 1943. He is survived by a daughter Stella

and son Joseph, both of Temperanceville. There are five grandchildren, Susanne, Teddy and David Levison; Judith and Wayne Paxton.

Those acting as pallbearers were neighbours, Mr. Victor Bond, Mr. Nelson Thompson, Mr. Maurice Beynon, Mr. Ed Cottell and Mr. Charles Henshaw, also Mr. Arthur Wayne of Toronto.

Mrs. Edith Stobbs, a bride-maid at their wedding and a lifelong friend of the family was present for the funeral. Interment took place in Auror cemetery.

(Too late for last week)

Personals
The deepest sympathy of friends in Temperanceville is extended to relatives of Mrs. Connors whose death occurred so close to Christmas.

Guests of Mr. and Mrs. Everett Phillips on New Year's Day were Mr. and Mrs. Douglas Manley, Mr. and Mrs. Thomas Dibb and Mrs. Thompson. On January 2, Mr. and Mrs. George Phillips of Aurora spent the day with the E. Phillips.

Misses Joan Hare and Donna Jennings spent a few days holidaying at the home of Mr. and Mrs. Robert Turner, Toronto.

Mr. and Mrs. Hugh Orster were host and hostess to a number of their friends and neighbours on New Year's Eve, when a most enjoyable time was had by all the guests.

Mr. and Mrs. Fred Hare entertained on New Year's Day when they had as dinner guests, Mr. and Mrs. Frank Breuls, Mr. and Mrs. W. S. Hare, Mr. and Mrs. Robert Turner, Ross, Gwen and Ariene Breuls, Mr. and Mrs. Lou Peters, Don Phillips, Don Conn.

Mr. and Mrs. T. W. Faulkner entertained as their guests on New Year's Day, Mr. and Mrs. Wm. Jardine of Toronto.

On Sunday, January 2, Mr. and Mrs. Wm. Turner spent the day at the Faulkner home.

Mrs. Wm. Ash was a guest of Mrs. Ed. Storey on Saturday, January 1.

Mr. and Mrs. Herrema and family were guests of their daughter Barbara and family on New Year's Day.

Mr. and Mrs. Harold Ferguson and baby Shirley of Hamilton, also Ron Bonham of Pottageville spent Christmas Day with Mr. and Mrs. L. Cunningham and Sheila.

Peter Simpson of Kingston Military College, spent his vacation at the home of his parents, Mr. and Mrs. D. Simpson.
Mr. and Mrs. R. L. Cunningham were guests of Mr. and Mrs. Alfred Jensen of Brampton on New Year's Eve.
Mr. and Mrs. R. Carroll, of Markham, entertained Mr. and Mrs. Jack Macklin and family on January 1.

NORTH RICHVALE NEWS

CORRESPONDENT: MRS. M. BLACKBURN
Phone TU. 4-2617

Mr. Roy Austin of Mill Road underwent an appendix operation on Friday, Jan. 7, and is progressing very favourably.

Mr. and Mrs. L. Kean and daughter Pat from Weston spent Monday evening visiting with Mrs. M. Holmes and Mr. F. Sinclair. Mr. Kean and family leave on Friday for a three-month business trip in England.

Mrs. E. Lambert opened her home to the Sugar and Spice Club on Thursday evening with several absentees. Winners at cards were F. Schurman, W. Carter, J. Wainwright. Hostesses of the evening were J. Wainwright and M. Blackburn.

Don Beaton met with an accident last week when he fell on the ice injuring his knee cap. Don will be in a cast for several weeks.

We are sorry to hear that Mr. Turner, father of Bill Turner of

Rumble Ave., suffered a stroke last week, which has left him partially paralyzed. Every hope is held for a complete recovery.

Richvale Home and School will hold its regular monthly meeting on Monday, Jan. 17, at 8 p.m. in the school. A talk on "Safety" will be given by Mr. J. MacLellan of the Ontario Hydro. An added attraction will be "Florence" the Magician. Come and support your child and his teacher. Refreshments will be served.

Skip Blackburn met with a very nasty and unfortunate accident on Friday last. While sliding in Richvale schoolyard during recess, he slid into a tree smashing his mouth and losing his two front teeth. Skip is progressing favourably but did considerable damage to his jawbone and will require several weeks of treatment.

PREMATURE BABY

Canada has a comparatively high mortality among premature babies. One of the most effective ways of preventing premature birth is to ensure the mother has medical care during pregnancy. She may receive this care from her own doctor or at the prenatal clinics that are established in many Canadian communities to provide free care and advice for the expectant mother.

MENTAL DISTURBANCE

Mental authorities today know that there are many varieties and degrees of mental illness. Some of them are so minor that a short period of treatment at a mental health clinic or in a general hospital results in cure. The most important point is early treatment. As soon as symptoms of mental disturbance are noticed, the doctor should be consulted.

BY MAIL...

Have Your Home Paper By Mail Every Week

Subscribe Today

\$2.50 per year

The Liberal

TU. 4-1261

Richmond Hill

Every Penny Counts!

When You Use

"Liberal" WANT ADS

TO SELL—RENT—HIRE—FIND—BUY—SWAP

Reach MOST READERS at LOWEST cost per

hundred circulation in this great

Classified Super Market

More people in your home community read the Liberal want ads than any other publication.

Read by over 16,000 prospective customers every week.

To place a Want Ad in the Liberal

SIMPLY PHONE

TU. 4-1261

and your advertisement will receive the prompt, courteous attention of our staff.

ADS RECEIVED UP UNTIL 2 P.M. WEDNESDAY WILL APPEAR IN THURSDAY'S PAPER.

Charge 3c per word — minimum charge 50c

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

F. L. LOWRIE R. O. OPTOMETRIST
will be at 41 Yonge St. S., first door north of new Bank of Nova Scotia
WEDNESDAY, JANUARY 12
From 9.30 a.m. to 12 noon and the 2nd and 4th Wednesday of each month
EYES EXAMINED
GLASSES FITTED
Broken Lenses Replaced Optical Repairs
Prescriptions for Glasses Filled
Home Off. 3242 Yonge Street
Opp. Park Theatre HU. 8-8949

JANUARY CLEARANCE SALE

Goodwill USED CARS

30 day written guarantee on all 49 to 54 models. All cars thoroughly reconditioned.

Convenient financing arrangements to suit your needs.

1955 license plates and anti-freeze with every car. Highest trade allowance on your present car.

We will guarantee to allow you the full purchase price of the car you buy on a new car within the next 90 days.

Used car lot brightly lighted and open till 10 p.m. nightly for your buying convenience.



6167 Yonge Street

BA. 1-6133

BA. 1-9388

1953 Meteor 1495.00
2 DOOR SEDAN - Lic. V8116
Up-to-date styling in sparkling green with V8 motor for lots of zip.

1952 Chev. 1595.00
CONVERTIBLE - Lic. 788-740
This radio equipped cream coloured convertible with black leather interior shows the exceptional care it has been given since new.

1950 Chev. 895.00
2-DOOR SEDAN - Lic. 788-748
An economical popular Chev. model smartly finished in tu-tone blue - G.M. heater - excellent mechanical condition.

1949 Pontiac 695.00
BIG SIX SEDAN - Lic. 788-739
Equipped with custom radio - heater - etc.

1953 Morris 1095.00
OXFORD SEDAN - Lic. 1A544
This large bodied British built car offers: 12 volt electrical system for easy starting; leather interior for long wear; excellent gas mileage for economy in operation.

1951 Buick 1595.00
CUSTOM HARDTOP
Lic. 186-796
A scarce model that won't hang around. Equipped with dynaflow transmission - custom radio, etc. Very clean inside and out.

1950 Chrysler 995.00
4-DOOR SEDAN - Lic. 788-749
A well cared for car equipped with automatic transmission - custom radio - etc. Driven by original owner since new.

1950 Mercury 849.00
2-DOOR SEDAN - Lic. 788-750
The smart styling, excellent mechanical condition and deep tread tires combine to make this car fine value at this price.

1952 Buick 2395.00
ROADMASTER SEDAN
Lic. 3E118
The rich unmarked finish and beautiful interior indicate the excellent care this one owner car has had. It is fully equipped with dynaflow transmission - radio - heater - shadelite glass - white-walls, etc. Bring your mechanic if you wish as it will pass the closest inspection.

1951 Plymouth 995.
COACH - Lic. 788-751
A smooth driving economical car in excellent condition.

1949 Chev. 795.00
4-DOOR SEDAN - Lic. 788-745
This beautifully styled tu-tone blue car in showroom condition is an outstanding value at this price.

1949 Ford 495.00
2-DOOR SEDAN - Lic. 46J86
To be sold on as is basis.

1952 Dodge 1395.00
CORONET SEDAN
Lic. 788-752
If you crave big car comfort with small car economy here's the one for you. Automatic transmission and numerous other extras. Serviced in our own shop since new.

1950 Pontiac 895.00
2-DOOR SEDAN - Lic. 788-742
A tu-tone beige and gunmetal beauty that you'll be proud to own. Equipped with G.M. heater and seat covers.

1949 Chev. 795.00
2-DOOR SEDAN - Lic. HS684
Driven 37,000 miles by original owner. Smart green finish and deep tread tires.

1947 Pontiac 595.00
COACH - Lic. 435A2
A one owner car.

1950 Prefect Sedan 295.00
A one owner car.
To be sold on as is basis.

1952 Chev. Sedan Delivery 995.00
Lic. 56932C
Completely refinished and reconditioned in our own used car department.

1947 Dodge Coupe 395.00
Lic. 34J17
To be sold on as is basis.

1954 Meteor Sedan Delivery 1595.00
Lic. 781-518
Actual mileage 4,000 miles - equipped with full width seat - condition air heater and smartly finished in black and cream.