

**KIMBERLY-CLARK PHYSICAL FITNESS EXERCISES**

**Exercise No. 1**



**STOMACH PUMPING**

Physical medicine expert Dr. C. Ward Crompton has said this is the best single health exercise known. It has an extremely beneficial effect on the circulation, the internal organs and the abdominal muscles. Although it might seem difficult for you at first, very soon you will develop an amazing abdominal control and a much higher level of abdominal control and a much higher

level of abdominal health.

Stand with your feet comfortably spaced, straight, head hanging down loosely. Take a deep breath then expel all the air you can. Before inhaling again, pull your abdominal muscles in and up as far as possible, hold for a count of 3 then force the muscles out as far as you can. Continue alternating these two actions until you have to take a breath. Breathe easily for a few seconds then repeat it once more. At first you will be able to repeat the "pulling in" action only once or twice before having to take a breath but soon you will be able to continue the exercise for quite a few repetitions without any trouble. Gradually increase the in and out repetitions, adding at least one every 3 to 4 days. You will find that the exercise also provides excellent exercise for the respiratory system—a real plus factor. It can also be classed as an internal massage.

**WOMEN OF THE MOOSE MEET**

Women of the Moose, Chapter 1426 met Wednesday evening, January 2nd in the Terrace Bay Moose Hall with the Senior Regent, Ann Stachiw in the chair. Minutes and correspondence were read by the Recorder Doreen Kurylo.

The Senior Regent, in outlining the forthcoming Midwinter Conference to be held January 26th and 27th in Atikokan, urged as many members as possible to attend. A card of thanks was read for the donation of \$25.00 was given a needy family in Schreiber at Christmas. It

THE **Oil King** SAYS

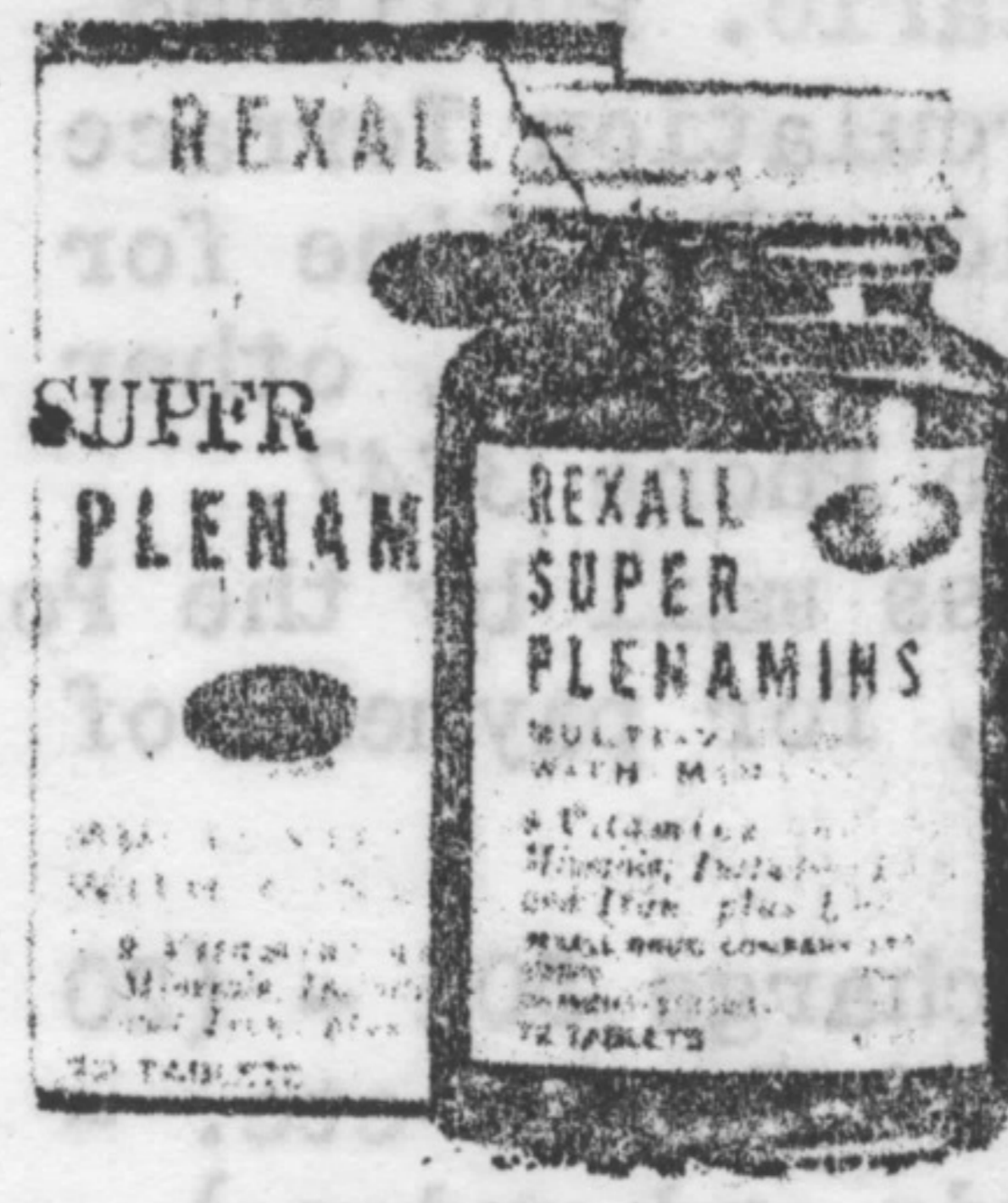
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was announced the Bride Doll with Wardrobe which was raffled at the Christmas Dance had been won by Dorothy Dakin.

The next meeting January 16th will be Chapter Night under co-worker Yates, Chairman of Child Care Chapter, and her committee.

The regular monthly meeting of the Catholic Women's League will be held Sunday, January 13th commencing with the Rosary in St. Martin's Roman Catholic Church at 8 o'clock and meeting in the Parish Hall at 8:15 P.M.

Mr. Ken Ward, Recreation Director, will be guest speaker for the evening. All members and friends are cordially invited to attend.

**CATHOLIC GIRLS CLUB MEET**

The Catholic Girls Club met Sunday evening, January 6th in St. Martin's Parish Hall and was chaired by the President, Cathy Cavanaugh who opened with the Prayer for Teenagers. Mrs. A. Regis represented the C.W.L. for the meeting and Annette Belliveau gave the Treasurer's report. Vice President Paulette Boudreau gave the Spiritual Report. Ways and Means of fund raising was discussed by the members.

A short story, 'Love is Selfless' was read by Velma LeBlanc and the meeting closed with Prayers led by the President. The next meeting will be held Sunday, February 3rd at 7 o'clock.

**SOCIAL AND PERSONAL (Continued from Page 2)**

Other guests at the home of Mr. and Mrs. A. LeBlanc over the holiday season were; Mr. and Mrs. A. McMillan and family of Port Arthur and Miss Jean Kruppa of Fort William.

Guests with Rev. and Mrs. T. Garnet Husser over the Christmas holidays were: Mr. and Mrs. Reavy and daughter Linda from Wingham, Ont., their daughter Pamela from Teachers' College in Port Arthur and Mr. David Harri from Fort William.

Mr. Ken MacLeod spent the holidays in Port Arthur visiting his parents, Mr. and Mrs. F. MacLeod.

Mr. and Mrs. N. Trach visited in Port Arthur over the Christmas season with their parents.

Mr. and Mrs. R. Hansen spent Christmas in Nipigon visiting Mrs. Hansen's parents.

Mr. and Mrs. A.E. Hartman motored to Orillia Ont., to spent the Christmas holidays visiting her Father, Mr. M.T. Mulcahy, and family.

Mr. and Mrs. C. Miller came from St. Jacobs, Ont. to spend Christmas in (Cont'd on Page 8)