

**HOCKEY EQUIPMENT**

(from Page 18)

are best. Since manufacturers cannot be sure what size arm the pads are going on, they use a longer elastic than necessary for many boys because it is far easier to take a tuck in the elastic than to add to it. Pads can be purchased starting at \$2.00 and up.

**Gloves** - The most practical way for a boy to select gloves is to try on a few pairs, hold a stick with them, and see which really feels best for him. In most cases, if they are allowed to, boys will select gloves that are too large. Gloves can be purchased for young boys starting as low as \$4.

**Garter Belts** - This is the most practical item for holding up hockey stockings. The cost starts at \$1.25 and up for young players.

**Athletic Support** - Athletic supports with a protective cup should be worn by all players. You can get one for the little guy starting at \$2.25 and up.

**Pants** - When purchasing pants, you should be concerned about the protection they offer such as moulded tail, hip and waist parts, and these should be foam covered. Other niceties can be purchased, however, this will depend on your budget. A general rule

of thumb is to buy pants 6 sizes larger than the player's waist if he is normal size, and 8 sizes larger if he is big in the hips and thighs and a larger seat.

Pants for the little guy start at \$4.00 and up.

**Shinguards** - There are about 6 lengths of shinguards available and selection of the proper length is very important. Have your boy hold the guard on his leg

# 66 '69?

## Happy Birthday!

### Now you may qualify for your retirement pension under the Canada Pension Plan.

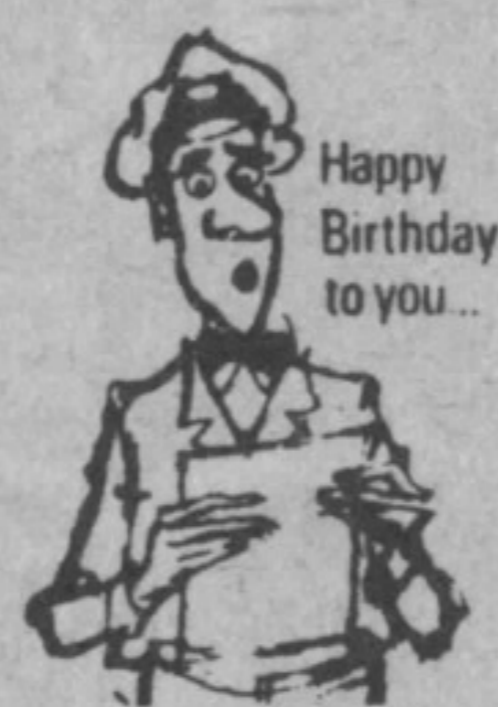
If you are now 66 . . . if you've been contributing to the Canada Pension Plan . . . and if you've retired from regular employment, contact your Canada Pension Plan Office *now*. If you will become 66 in 1969, get in touch with your Canada Pension Plan Office three months before your birthday. The people there will help you fill out the application form that starts your pension cheques coming. They'll explain how your pension is worked out . . . and when you become eligible. You'll get all the answers to questions about your retirement pension. Payment is not automatic. You must apply to receive your pension benefits. Application should be made in the Canada Pension Plan Office serving your community.

**NOTE: If you are age 70 or over and have contributed to the Canada Pension Plan, you don't have to retire to qualify for benefits.**

The district offices in this area are listed below

**SAULT STE. MARIE** - Tel. 254-1477  
3rd Floor Sault Star Building,  
Room 305,  
369 Queen Street East.

**PORT ARTHUR** - Tel. 344-9131  
Room 307, P.O. Building,  
33 South Court Street.



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THE HONOURABLE JOHN MUNRO, MINISTER

so that the centre of the knee cap is directly in line with the centre of the shinguard cap. The bottom of the guard should then be a fraction above the top of the skate tongue. If the pad is too long, it will be forced up above the knee cap, and if too short, the player stands a chance of getting hit with a puck or stick below the pad. (continued on Page 16)