

YOUR HEALTH

BURSITIS, DISEASE OF MIDDLE LIFE

A condition that has had little publicity but can inflict great pain and damage is bursitis.

It is rarely seen in youngsters and generally occurs in middle life and old age. Frequently it is mistaken in its early stages for rheumatism. It can reach a stage where it actually incapacitates the patient. Because of severe pain it causes, bursitis is not the most pleasant condition to have around.

What is this disease? It is an inflammation of the bursa, which is a little sac located near the attachment of certain muscles, such as the big toe joint, around the knee and shoulder, near the heel, at the elbow and in other places.

The purpose of the bursa in the body structure is to reduce friction between the bony structures lying beneath it. Because of bad body mechanics there sometimes arises inflammation in the area of the bursa. That is the beginning of serious trouble.

In treating the condition, the first aim of the chiropractor is to relieve the inflammation. Next comes the correction of the body mechanics which gave rise to the condition, and finally the restoration to normal mobility of the affected part.

Chiropractors have been singularly successful in treating individuals bothered by this ailment.

WM. S. BAIRD, D.C.
Chiropractor
327 Main St. N.
Markham, Ont.

KENNEDY CHIROPRACTIC OFFICE
Kennedy Rd., Unionville, Ont.

J. R. KANE, D.C.
DOCTOR OF CHIROPRACTIC
Tuesday, Thursday & Saturday — 1-5 p.m.
Main Street, Stouffville Phone 453

800 TONS OF CATTLE SOLD AFTER FAIR

The 1956 Royal Agricultural Winter Fair shut its barn doors recently with tons of food—the pick of Canada's larder—in the hands of buyers.

Top butter, honey, milk and other products entered in the fair will be consumed mostly in Toronto and throughout Ontario.

Some 300 tons of red and blue brand beef were sold just before the fair closed at an auction of 603 head of market cattle entries. Most of it was bought by big meat packing companies. The prize-winning baby beef steer and the prize-winning market steer were auctioned for \$1.75 a pound to Toronto supermarkets.

Other prices ranged from 27 to 55 cents a pound.

AUDLEY

Mildred Puckrin

The Community Club held a box social in the school on Wednesday evening, with the president, Bob Betson in the chair. The annual reports were given. Following this, the election of officers was conducted by Bert Guthrie. Charlie Clemence auctioned boxes of lunch, which netted forty-five dollars for the Club. The annual Christmas treat of candy and fruit was given to the children.

The officers for 1957 are as follows: Hon. Pres., Bob Betson; Pres., Bill Guthrie; 1st Vice Pres., George Izatt; 2nd Vice Pres., Bill Brown; Sec.-Treas., Mrs. Charlie Clemence; Assist.-Sec., Mrs. Bert Guthrie; Directors — Charlie Clemens, George Puckrin, Bert Guthrie, Fred Puckrin; Entertainment Committee — Mrs. Arch Bell, Mrs. Sydney Wonnacott, Mrs. Wm. Guthrie Jr., Nellie Ainsworth, Eleanor Bell, Brian Churchyard, Marvin Barlow; Press, Mrs. Fred Puckrin; Auditors — Bob Betson, Mrs. Wm. Brown; Flower Committee — Mrs. Bert Guthrie, Mrs. Dick Winter, Mrs. Arch Bell; Lunch Committee — Mrs. Sydney Wonnacott, Mrs. George Izatt, Mrs. Wm. Guthrie Jr., Mrs. Brian Churchyard, Mrs. Fred Puckrin; Pianists — Mrs. Arch Bell, Eileen Guthrie.

The W.A. held a business meeting last week at the home of Mrs. Fred Puckrin. The President, Mrs. C. Clemence, conducted a short worship period. Mrs. George Squire gave a short description of the life of Alan Knight, prior to and including his work as a missionary in Angola, Africa. Mrs. Squire and Alan attended the same High School. Mrs. John Puckrin and Mrs. Fred Puckrin read two letters on Alan's work in Angola.

Ten dollars is being sent to the local Retarded Children's Fund. The rest of the evening was spent discussing necessities for the new church, when committees were formed to purchase some of these. The hostess served refreshments.

Several from here enjoyed the annual Santa Claus parade at Clarendon on Saturday afternoon.

Friends of Miss Margaret Mitchell will be pleased to hear she is being married on December 22 to a minister in Argentina, where Margaret has been doing some very fine missionary work. They plan on staying in Argentina for the present. Her Audley friends wish them much happiness.

The Audley School Christmas Concert will be held on Wednesday evening, Dec. 19. The Baggotsville school will have their concert the following night December 20.

sters, eight boys and eight girls will match wits at Eaton Auditorium for the Ontario championship in each class and the grand prize trips to the Calgary Stampede.

Then the big match, with the top boy and top girl matching words for the grand championship trophy.

A major change in the rules will allow contestants to write the word on a pad before spelling it orally. The change was made because too many good spellers miss words through nervousness.

And just look at the new prize list—it offers something for every champion from school to provincial winner plus an award for every school that produces a champion.

Worthwhile Prizes
The top prize to the boy or girl who wins the final spell-down includes a ten-day all-expense trip to the Calgary Stampede, and Glacier National Park, \$300 in cash and a set of Encyclopedia Britannica and the Ontario Spelling Bee Challenge Trophy to keep for one year, plus a miniature of the trophy that stays on the champion's mantel.

Runner-up for the province gets the same trip, a set of Britannica Junior Encyclopedia and \$200 in cash.

On both trips, an adult of the winner's choice will also make the trip and receive \$100 to defray expenses.

The champion's school receives a copy of Webster's New International Dictionary, with name of champion and school stamped in gold, plus two sets of Encyclopedia Britannica filmstrips.

The runner-up's school receives a shorter Oxford Dictionary and one set of filmstrips.

The 16 zone champions will each receive a Famous Bulova watch, and winners in the 185 inspectorates Birks' clock-desk sets.

Beginning soon, The Telegram will publish a daily word list on which you can sharpen your spelling wit. Remember, both English and American spellings are acceptable. Final authorities on any spelling are these three dictionaries: Blackie's Large Type Concise English Dictionary, Concise Oxford Dictionary and Webster's New Collegiate Dictionary.

BALLANTRAE

Mrs. Wm. Topper gave a family supper on Saturday in honour of her parents' 50th anniversary. Mr. and Mrs. W. Rose were the honored guests and we would like to take this opportunity to give them our very best wishes for many happy years to come. Mr. and Mrs. W. Rose will be at home to all their friends and neighbors on Wednesday, Dec. 12. Look on other pages of the Tribune for a more detailed report.

At the W.A. last meeting of the year Rev. Davis and Rev. Davison were on hand to elect those in office, as follows: — Pres., Mrs. G. Talbot; Vice Pres., Mrs. T. Phillips; 2nd Vice Pres., Mrs. L. Overs; Mrs. A. Watson; Sec., Mrs. J. McDermot; Treas., Mrs. R. Hood. A program followed with Miss Maud Jaynes singing a solo, accompanied by Mrs. P. Patten. Miss Jaynes also gave a very effective reading called: "A String of Lights." The meeting came to a close with a lovely lunch.

The Junior Red Cross at the Ballantrae Public School are having a door-to-door sale of candy (home-made at that) on Saturday, Dec. 15. If you are home, please be generous. These children are taking those all-important steps in the right direction for we know only too well the important part the Red Cross is playing in the lives of the Hungarians today.

The Boy Scouts are planning a paper drive in January at the beginning of the new year, so please save any newspapers, bags, books, etc.

A special thanks to the Committee for the Xmas Carnival—you did an excellent job.

The Home and School Assoc. wishes to thank all those very generous people who donated and attended the Christmas Carnival on Saturday, Dec. 8th. The donations were enormous but we are sorry to announce that the attendance was, not what was expected. Where were the parents of our 186 pupils attending the school? The money taken in amounted to around \$150.00 but this is only half of what we need for the projector.

There were many prizes given out, the winners being—Mr. R. Hood, Mr. Kim Rogers, John Dennis, F. Cartwright and Frank Plummer. Congratulations to you all.

The Ballantrae Sunday School are having their Concert, on Wednesday, the 19th at 7.30. Each class is putting on a program. So plan to attend; everyone is welcome.

SPELLING BEE A LOST ART?

What's that buzz'n, cousin? Why, it's the second annual Ontario Spelling Bee!

Yes, sir, things are already starting to buzz in this year's edition of the Ontario Bee, begun last year by the Ontario Educational Association, with the co-operation of The Telegram. Schools have until Dec. 21 to pick the boy and girl who'll wear their thinking bonnets into the 185 spell-downs.

Popular? Why, last year more than 300,000 pupils from 2,970 schools took part in the first OEA-Telegram Bee.

Bee Is Back

So well was it received, that the Bee is back in Ontario school bonnets this year—And it's a Queen Bee, compared to last. Prize lists are bigger (but not words!), rules are improved; and there's an earlier start.

So students, on your mark! Get set! Get spelling! This is the timetable leading up to the grand finals. Between now and Dec. 21 elementary schools, both public and separate, will pick one boy and one girl as the top two spellers.

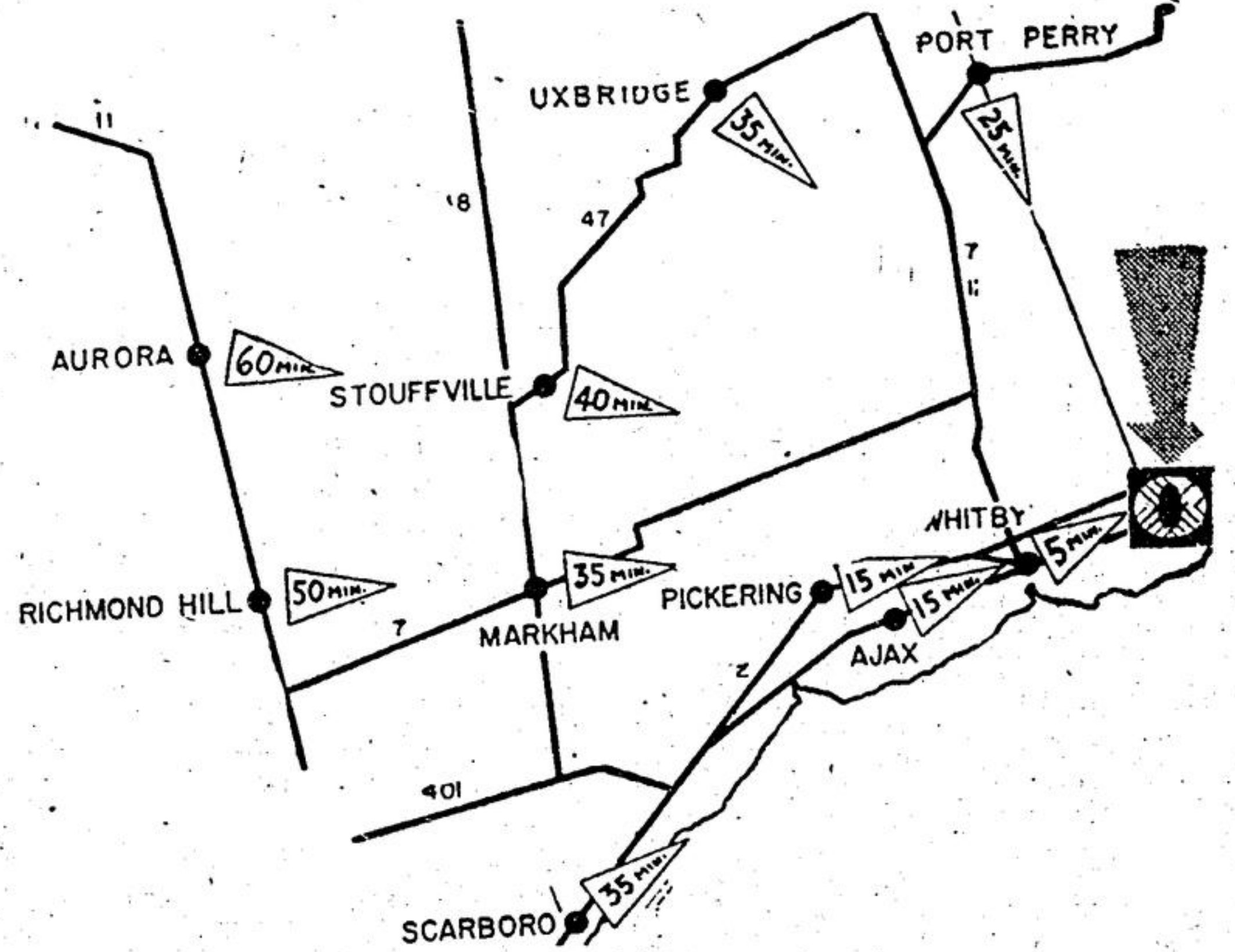
These champions will compete in their own inspectorates for the right to represent their areas in the zone finals. The 185 inspectorates will each pick a boy and girl by Feb. 16.

8 Spell-downs

From Feb. 16 through March, eight zone spell-downs will be held, with versatile master of ceremonies Cy Mack again acting as Spell Master. Each zone selects one boy and one girl as winners.

On April 25, sixteen young

Stouffville is only 40 minutes from



Follow the
GIANT SEARCHLIGHTS

Visit
Santa Claus
in his arctic workshop every day until
CHRISTMAS

FREE!
candy canes

FREE!
puzzle books

**SHOP UNTIL 9 EVERY NIGHT
DEC. 12, TO DEC. 22**

PUBLIC NOTICE
Township of Whitchurch
1956 TAXES
Public notice is hereby given that the last day for paying 1956 taxes in the Township of Whitchurch is
FRIDAY, DECEMBER 14th, 1956
JOHN W. CRAWFORD,
Tax Collector.

MASTER LAYING PROGRAM
Get Better-Than-Ever Egg Production

Egg production goes up—and so do profits—when you put your hens on the farm-tested Master Laying Program. The Master Laying Program which includes Red Head Krums, Master Green Pellets and Master Laying Pellets, is designed to give your hens all the food values needed for heavy, steady egg production. Yet its economy will please the most practical poultryman. Investigate the Master Laying Program now and make this year your best ever. Your local Master Dealer can give you all the details. See him today.

Your local Master Dealer:
Stiver Bros.
Stouffville Phone 45

FEEDERS WHO KEEP RECORDS USE MASTER

Give The Tribune for Christmas

Township of Uxbridge
Appreciation

My sincere thanks to the electors of the Township of Uxbridge for extending to me an acclamation for the position of Reeve for another term. It is indeed gratifying to receive such an honor after having served the municipality for fourteen years.

STUART BALL, Reeve.

Township of Uxbridge
We Thank You

We wish to take this opportunity of extending our appreciation to the electors of Uxbridge Township who supported us at the polls in the municipal election on Monday of this week. We will endeavor to warrant your confidence and trust throughout 1957.

Councillors
**ROBT. NESBITT NORMAN HOGG
CLARENCE BUNKER**