

CHIROPRACTIC VIEWPOINT :

SINUS TROUBLE

The sinuses, varying in size from that of a small egg cup to as small as a rifle shot, are located in the bones of the face and head. Normally the sinuses are filled with air, and their function is to lighten the weight of the skull and give resonance to the voice. Each one is lined with a mucous membrane which secretes mucus. The sinus must have a way to drain this mucus or it will fill with the fluid and lose its function.

The sinuses may become congested and cannot drain as they normally should. If this congestion is prolonged, breathing is difficult and the resulting pressure causes discomfort and pain.

By removing the irritation from the pathways of the sympathetic nervous system the Chiropractor attempts to normalize the functioning of the sinuses. This serves to remove the congestion and the inflammation. Often after a few Chiropractic adjustments there is a profuse nasal discharge indicating that a healthy drainage of the sinus is taking place. Later the inflammation of the mucous membrane subsides.

News From Buttonville

Neighbour hood Notes

Mrs. Shenfield's granddaughter, Janice Grove, celebrated her fourth birthday on Thursday, April 1.

Another birthday celebrant last week was Mrs. Sadie Brook who was feted at a party on Saturday afternoon on the occasion of her 88th birthday. Among the guests was her sister, Mrs. Coombs of Toronto, who is 94. Others attending included Mrs. O. Brooke, Miss Rhea Scott and Miss Mary Rodick.

Mrs. S. J. English is feeling a little stronger each day, now that she is home from hospital. She says she has been overwhelmed by the kindnesses friends have shown, in gifts and cards, and asks that this "thank you" be passed on.

Congratulations to Joyce and Jerry Himmelman whose new son arrived at Scarborough General Hospital on Monday, March 29. His parents brought him home last week-end, and everyone is fine, including grandparents Mr. and Mrs. Jack Harris.

Bill and June Wilson went to meet spring recently, when they took a Caribbean cruise. The flowers in Brown's Corners United Church last Sunday

were placed there by the local branch of the Canadian Cancer Society, as a reminder that April is their campaign month.

Next Sunday at Brown's Corners is the service of Holy Communion, and a reception of new members. The Good Friday service will be held this year at Victoria Square, 11:00 a.m. Apr. 16, with the three choirs in attendance.

Mr. George Clarke is home again after several weeks in Sunnybrook Hospital. We wish him a quick recovery.

Hi-C Hosts Party

The Hi-C group of the Victoria Sq./Brown's Corners United Churches invited Sigma-C and CGIT members to join them at Brown's Corners Church on Friday evening. The purpose of the visit was to acquaint the junior groups with activities of the Hi-C since several of them will graduate in September.

Gordon Brown and Mervyn Gohn took charge of the meeting, and explained the Hi-C programme and purposes. Sharon MacDonald and Sandra Tooley led the singing, and Doug MacDonald and Nancy Crane introduced games. At the conclusion the girls served refreshments.

Mr. Bruce Armstrong, councillor for the Hi-C group, was in attendance. Bumper Crowd for Cancer Euche

Buttonville W.L. Hall was packed to capacity on Friday night, when the Women's Institute held their annual benefit euche for the Cancer Society. There were 38 tables of players, approximately 160 guests present, and receipts for Cancer Society purposes will reach well over \$100.

Prizes were won by Mrs. Martha Almstead, Mrs. Dalton Rumney, Mrs. F. Shadlock, Mrs. E. B. Hutchison; George Foster, Peter Sider, Jim Curtis and David Hutchison. The lucky draw donated by the W.L. was a turkey, won by Mrs. Hartwick of Richmond Hill, and Freezeout winners were A. Klink, E. Latham, Matt Davie and D. Hutchison.

Following play, refreshments were served by members of the W.L.

Luncheon at Brown's Corners A Lucky Luncheon presented by Mrs. Betsy McLean of Oakville, who represents several food product companies, was held at Brown's Corners United Church last Wednesday, and drew a large crowd of women from a wide area.

The luncheon was sponsored by the U.C.W., and Mrs. A. W. Miller, social convener, introduced Mrs. McLean. Members of the U.C.W. served and the president, Mrs. Harold Steffler offered courtesies. The tables were attractively arranged with a spring motif of yellow candles and daffodils, and flower-laden Easter bunnies decked the mezzanine, courtesy of Miss Adele Carruthers. Between courses Mrs. Clayton Jones sang two solos, accompanied by Mrs. Donald Reesor, making the occasion more delightful.

A bearded chin is not for me. I like my coffee, but can't goatee. B. G. Wilkes

BETHESDA

We are pleased to report that our Bethesda patients are making progress. William Paisley has returned from York County Hospital, Newmarket and is convalescing at home. Reesor Steekley returned home on Friday after hospital treatment following an accident of over three weeks ago. William Empringham expects to be moving about in a few days but will require hospital care for some time. Mrs. Russell Hunt must still rest the broken heel.

Mr. and Mrs. John Wilks returned on Wednesday of last week, after spending two and a half months at Lake Land, Florida where they enjoyed golf.

Mr. and Mrs. C. Burkholder also returned March 31, after spending a month in Florida and visiting many pieces of interest in other states such as the Smoky Mountains, Stone Mountain, Washington, Williamsburg, Gettysburg, the Luray Caverns and Skyline Drive. After an absence of a month, driving over 5,300 miles without seeing an accident, it was alarming to see the pictures and accounts of accidents near home in the March issues of the Tribune.

Rev. and Mrs. L. K. Sider and Mr. and Mrs. C. Hoover had dinner on Thursday with Mr. and Mrs. E. Hunt.

Mrs. L. Brillinger and Mrs. G. Morley went to see "My Fair Lady" in Toronto on Monday night of last week.

The Bethesda Curling Club are finishing off the curling season with a banquet at Rol-

ling Hills on Tuesday evening. Members of the winning team are: Fred Gibson, skip, Ray Atkinson, Peter Vanderkooy and Jack Swindells.

Cancer Society Collections are beginning. Mrs. A. Cruickshank will collect on the west side of the fifth Concession and Mrs. C. Burkholder on the east. Mr. and Mrs. W. Jordan of Islington had dinner on Sunday with Mr. and Mrs. Russell Herbert.

RINGWOOD

The senior citizens set up a quilt at Miss Priscilla Pipher's and Mrs. DeRosier's home on Wednesday and turned it into a surprise birthday celebration for Mrs. A. Summerfeldt.

Mrs. Albert King, a former neighbour is cheerfully recuperating in Scarborough Hospital after surgery.

Mr. and Mrs. Clarence Fockler and family and Mrs. J. Fockler motored to Niagara Falls on Sunday afternoon to visit Mrs. H. Preston and Mrs. Norman Bridgeman, mother and aunt of Mrs. J. Fockler.

Mr. and Mrs. Jacob M. Grove celebrated a wedding anniversary on Saturday. Mr. and Mrs. Fred Steekley called in the evening.

Three different accidents have occurred in our neighbourhood in the past week, reminding us 'it can happen here.'

This is a lousy depression. Everybody's working and everybody's broke. At least we didn't have to work in the last one.

PART-TIME Industrial Commissioner

Pickering Township requires a part-time Industrial Commissioner. We have in mind a retired executive who has had experience dealing with management at a senior level.

Write, giving full particulars.

P. Pemberton Pigott
Chairman
Pickering Township Industrial Committee.

HOUSTON'S
-for PRESCRIPTIONS
DRUGS and SUNDRIES

PHONE 640-2222 (Twenty-Two Twenty-Two)
1 MAIN ST. E. STOUFFVILLE

For Office Supplies - It's The TRIBUNE

Markham Police Laid 196 Charges in March

Officers of Markham Township police force laid a total of 196 charges in March. They answered 748 calls and travelled 13,170 miles.

The monthly report revealed that \$3,946.20 in stolen property was tabulated. Court revenue was \$1,282.00. The report listed 21 traffic accidents and 82 summons served.

EASTER SHOES
the whole family wants!

Bring in the family - we'll outfit everyone from Mom and Dad to Sis and Junior, with the handsomest, newest Easter shoes - at practical prices.

LEHMAN'S SHOES

9 Main St. W. - Stouffville - Phone 640-3753

Spring HOOD FESTIVAL at RED & WHITE

Aunt Mary's 24-oz. 24-oz. loaf	
Sliced Bread	22c
Pt. Bricks Sunspun Ice Cream	27c

SPECIAL BONUS FEATURE!

FREE TREE 1 PINT SUNSPUN ICE CREAM

With The Purchase of One at Regular Price.

STARBUCKS STAINLESS TABLEWARE

THIS WEEK

DINNER FORK

only 11c WITH \$5.00 MINIMUM ORDER

Kraft Cheese Slices	59c	16-oz. Pkg.
AYLMER SOUP	49c	10-oz. Tins
NABOB COFFEE	87c	per lb.
Javex Liquid Bleach	43c	64-oz. Size
FAB DETERGENT	59c	Giant Pkg.
Glide Spray Starch	49c	16-oz. Size

BEST BUY! Save 8c! Deluxe

BEST BUY! Save 9c! Vegetable

BEST BUY! Save 12c! In Flavotainer

BEST BUY! Save 34c! 20c Off Pack

BEST BUY! Save 20c!

BEST BUY! Save 15c! White or Coloured

PRODUCE

ORANGES	DOZ. 49c
Asparagus	lb. 33c
Cucumbers	2 FOR 39c

Supreme Green Beans 2-lb. Bag 53c

Dragon Chicken Chop Suey 14-oz. pkg. 59c

BALLET Tissue 4 rolls 39c

Blade Roast 43c lb

SHORT RIB ROAST 47c lb

ROLLED SHOULDER 47c lb

RIB ROAST 69c lb

SHELL'S RED & WHITE Stouffville

FOKUSED CARS

1964 PONTIAC Laurentian 4 door sedan, 6 cylinder, automatic, radio, discs, whitewalls, power steering, low mileage, beautiful madeira maroon finish with beige top.	1963 BUICK La Sabre 2 door hardtop, automatic, power steering, power brakes, radio, whitewall tires and discs, cameo beige finish.	1963 PONTIAC Strato-Chief, 4 door sedan, 6 cylinder, automatic, lovely blue finish, 19,000 original miles, a well cared for car, driven by one owner.
1964 BEAUMONT 4 door sedan, 6 cylinder, standard transmission, beautiful artesian turquoise finish.	1962 METEOR 4 door sedan, 6 cylinder, standard transmission, whitewalls, radio, black with red and black interior.	1963 PONTIAC Station Wagon, Laurentian, 6 cylinder, automatic, radio, whitewalls, chrome discs, black with red interior.
1960 CHEVROLET Bel-Air, 4 door sedan, 6 cylinder, automatic, radio, power steering, whitewalls, white, a good clean car.	1960 CHEVROLET 1 ton panel truck, ready to go to work.	1962 CHEVROLET 2 door sedan, 6 cylinder, standard transmission, ermine white with red interior, economical transportation.
1958 VOLKSWAGEN Blue finish, good cheap transportation.	1957 DODGE 1/2 ton pick-up, V-8.	1958 FORD 2 door, 6 cylinder, automatic transmission, dark green finish, good transportation.

1965 PONTIACS TRADE YOUR CAR FOR AN ALL NEW PONTIAC.

1 YEAR WARRANTY ON ALL CARS

NEIL Patrick Motors LTD.

MAIN ST. W. AT THE TRACKS STOUFFVILLE

Phone 640-3452

GMAC TIME PAYMENT PLAN