Chiropractic Viewpoint

BURSITIS

Bursitis 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 the stage where it actually incapacitates the patient because of the pain it causes.

Bursitis is an inflammation of the bursa, a little sac located near the the attachment of certain muscles, such as around the knee and shoulder joints. The purpose of the bursa is to reduce friction between the muscles and ligaments, and the bones lying beneath (the same as oil is used between moving parts in a machine). Because of faulty body mechanics, there sometimes arises inflammation and irritation in the area of the bursa. This is the beginning of serious trouble.

In treating the condition, first comes the correction of the body mechanics which gave rise to the condition. Then, the mobility of the affected joint is restored to normal.

St. Andrew's Day

St. Andrew's United Church Choir, Markham

NOVEMBER 30th, 8 P.M.

UNITED CHURCH HALL

Andrew Murdison - Scotch Comedian John Gordon - Piper

Scotch Dancer - Beverly Henderson Church Choir and Trio

ADMISSION \$1.00 - TICKETS ONLY PHONE 294-1433 OR 294-1323

BEST BUY! Save 29c! Skim Milk Powder 3-16. Pkg.

BEST BUY! Save &c! Green Giant Regular 15-os. Tins

FANCY PEAS 5:\$1

Kleenex Tissues 6 \$1

11-ox. Bottles

Pint Size

FOR FRYING - Lean - Meaty - Well Trimmed

8. to Package

10 Pkgs. \$1

48-or. Tins

Specially Selected - Value Check'd - Shoulder Cut

Pork Roasts

Instant MIL-KO

BEST BUY! Save 17c! Fancy Kernel

SAVE: 15cl

SAVE 15c!

LIBBY TOMATO.

CATCHUP

FANCY COHOE

ALLEN'S Fancy

SAVE 18c! 5c Off Pack

SIMONIZ Non-Scuff

FRESH PICNIC STYLE

Biscuit Feature! Reg. 45c Val. 1-lb. cel. pkg.

Bakery Feature! Save 10c! 24-oz. Size

Supreme Brand APPLE PIE 39c

CHELSEA BUNS 45c

Fancy TOMATO JUICE 3 for \$1

Lee's Brand PINEAPPLE 4 for \$1

Supreme Brand FIG BARS

Baked Fresh! Weston or Sunbeam

Save 10c! Red & White

JELLY POWDERS

Feature! Crushed - Sliced -

Regular 49c

Sare lic!

FEATURE! Paramount 1/2 Tins.

Horticulturalists Review Work Of Past Year

(Miss Eva Hoover) "What point is there in toil and

sweat? In gardening where's the fun Unless sometimes you lay down tools and look at what you've

The time has come for the Horticultural Society to look at what has been done during

This has been a successful year in many ways. We are happy to report a decided increase in attendance at the open meetings. Our flower shows have been outstanding for quality of blooms and beauty of arrangements, and the exhibitors deserve a word of praise and appreciation.

as compared with 227 last year. There was a choice of several premiums, valued at fifty cents. Three hundred "Harvest Giant" mum cuttings, 1,000 gladioll corms, 200 tulip, 100 hyacinth and 100 daffodil bulbs, merchandise vouchers to be used at Stiver Bros. and Don Lewis Nurseries, were distributed. These will provide some extra by the members.

beauty spots in the gardens. The Society donated \$50.00 demonstration was given by for the landscaping project at the front entrance to "Parkview | ham. Home" on Rupert Avenue.

were held with an average Lemonville Ladies Quintette, a attendance of fifteen, and ten duet by Mrs. Fred Byer and open meetings with flower Mr. Eugene Baker, the Bloomshows at four of them. Mr. Rus- ington Male Quintette, solos by sell Wideman of Markham and Mrs. Alma Oldham, Mrs. Fred Mr. and Mrs. Clifford Winn of Byer and Mr. Garnet Rae. Miss Goodwood were guest judges. Beverley Bell rendered selec-

Linton, Director of District No. Mr. Edmunds was enjoyed. 5, was the judge. At the open meetings held in of our society judged the two the Presbyterian Churc's base-

Twin Pack Tissue

BAVE 14cl WAGSTAFFE OF

Strawberry or Raspberry (with pectin)

BEST BUY! Save 31c! Tomato or Veg. . 10-ox. Tins

Gerber's Foods 9:\$1

AYLMER Jams 2:\$1

STOKELY'S Fancy

MANDARIN

ORANGES

Corned Beef Z:\$1

SAVE 26c! Red & White New Process

SAVE 8c!

SAVE 14c!

PEANUT

HEREFORD

Fresh Produce!

Flavourful - Delicious Chiquita

Sun Parlour Hothouse - No. 1s

BEST BUY! Save 18c! Rose

Coloured Parchment or Reg.

CHAMPION DOG FOOD 8 for \$1

CAKE MIXES Robin Hood 6 for \$1

PUSS 'N' BOOTS Cat Food 7 - \$1

Save 17c! Easy Mix - Packet Pack

Save 16c! Dr. Ballard's

Save 23c!

TOMATOES

16.85c CUCUMBERS 2 for 29c

SAVE 25c!

RED & WHITE DOLLAR DAYS . RED & WHITE DOLLAR DAYS

Save You Money!

6:\$1

took us on a colourful trip | lunch was served. through Central Europe. some fine bird pictures as a Farms, October 13-16, the with other societies of District

Mr. and Mrs. Frank Burkholder had slides of two trips - Florida and Western Canada. At the anniversary meeting in April, Rev. Alan Borland was the guest speaker, taking us on a tour around Ottawa.

Mrs. Dorothy Duncan, Director of Education at Pioneer Village, delighted her audience with an illustrated talk on her work at Black Creek Conservation Area.

Mr. and Mrs. Malcolm Keith

Gardens. We were fortunate to showed pictures of their trip have Mr. Leslie Lakin of the We have a membership of 242 through the Western States, Royal Botanical Gardens to join Mrs. Charles Reynolds of the us for the tour of the Arbore-Yukon and Western Canada, tum and Lilac Bell, and the and Mrs. Della Paisley of the demonstration of hedge plants. beauty spots in British Colum-He also took us to the Spring bia and the Rocky Mountains. Garden to see some beautiful Pictures of the Bus Trip by liles in bloom. Other points of Mrs. H. Pugh, Mrs. W. Timbers, interest included Dundurn Mrs. A. Ratcliff, Miss Helen

> Mr. Chas. James were enjoyed A flower arrangemen Mrs. Russell Jarvis of Mark-

> Nicely, Mr. Eugene Baker and

For musical entertainment we Twelve directors' meetings had a variety of talent. The At the August show held in tions on the accordion, and the United Church school-room sang two solos. A musical prothere were over 300 entries of gram presented by the Choraexcellent quality. Miss Ada liers under the leadership of

Mrs. Storey and Mrs. Timbers flower shows at Mount Albert ment, a variety of pictures were on August 18 and 19.

On September 22, 1965, our Mr. and Mrs. Eugene Lemon society entertained District No. explained and illustrated the 5 in Stouffville Legion Hall. conservation program in the About two hundred were in States of Utah and Colorado. attendance, and at the conclu-Mr. and Walter Atkinson sion of the program a buffet

28-ox. Tins

11-oz. Tins

12-08. Tins

10-oz. Pkg.

lb. Pkgs.

15-oz. Tins

15-or Tins

3 for \$1

2 for 43c

per, and a hurried view of the At the International Plowing beautiful flowers, rose garden, Mr. Stanley Schdmit showed Match held at Massey-Ferguson and rockery and waterfalls. The society wishes to thank result of his bird-watching directors of our society along all those who assisted in any

way to make 1965 another succuessful year. We should all be 5 arranged a beautiful floral display in the York County filled with gratefulness for the beauty which we have enjoyed, The Executive and Directors and that so often take for enjoyed a crokinole party at granted. the home of Mr. and Mrs. W.

Specializing in the preparation And now we are looking for-Timbers, and in July a picnic ward to 1966 to continue the and selling of purebred consigngood work, and with your help, make Stouffville a more beaut-On Tuesday morning, July 6, iful place to live.

eighty - two members and friends left Stouffville on the Bus Tour to Hamilton parks. Our first stop was at the Rock

Metro's new zoo should be located on the city-owned Langstaff Farm in Markham Township, Metro Planning Commissioner Eli Comay said Monday.

He said that the Highland Creek Park, the site Metro Park, Children's Garden, Mc-Parks Department wanted, was Master University grounds, too far east of the highlydrive to the top of the mountain populated city and suburban for a view of the city, and then areas and would not be as well served by highways and public We returned to Toronto and transit. stopped at High Park for sup-

ELGIN WATCHES

supper at Bruce Muis Conser-

vation Park.

to Gage Park.

- Quality Style
- Value at its best.

SHERIDAN

JEWELLERS

38 Main East -

PROCLAMATION

to the

MUNICIPAL ELECTORS

of the

TOWNSHIP OF

MARKHAM

PUBLIC NOTICE

is hereby given that pursuant to the Ontario Municipal Act, a meeting of the Municipal Electors of the Township of Markham

WILL BE HELD

BUTTONVILLE WOMEN'S INSTITUTE HALL

Adjacent to the Markham Township Municipal Offices

FRIDAY November 26th, 1965

> FROM O'Clock until 8 O'Clock In The Evening

> > for the

NOMINATION of CANDIDATES

for the offices of

REEVE, DEPUTY REEVE and GNE COUNCILLOR for EACH OF THE WARDS - ONE, TWO and THREE

To Serve The

TOWNSHIP of MARKHAM

For the Year 1966

NOMINATIONS WILL ALSO BE HELD AT THE SAME TIME

for the election of THREE members for Board of Trustees, School Area No. 1, Markham Township; TWO members for Board of Trustees to serve Markham Township School Area No. 2.

IF MORE CANDIDATES ARE PROPOSED than required to be elected the proceedings for filling said offices will be adjourned until

MONDAY, the 6th Day of DECEMBER,

when a poll will be opened at TEN o'clock in the morning. and shall continue until EIGHT o'clock in the afternoon.

SHALL SEED THE RESIDENCE OF SHALL SEED SHALL SHALL SEED SHALL SEED SHALL SEED SHALL SEED SHALL SEED SHALL SEED

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Tel. 294-0532 P.O. Box 848

Resident Partner-

R. Spencer Jackson B.A.

(Cantab) C.A.

JOHN C. WYLIE, F.I.A.

Licensed Public Accountant

AUDITOR

Office & Residence-

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Art Wahlroth, B.A., O.D. Optometrist 10 Alanadale Ave., Markham

SHERWOOD PLAZA Phone 294-2181

REST HOMES

Parkview Home Stouffville's new Home for Senior Citizens. Operated by

Mennonite Home Association Chartered as a non-profit organization. Guest Applications now being Office open daily 2 to 5 p.m.

Box 910, Stouffville, Rupert Ave. Phone 640-1911 Evenings call 887-5690 or 640-1586.

NURSING CARE Competent & kind nursing ser-

vice, catering to invalid - convalescent - elderly - seml & private accommodation in country home atmosphere. GREEN GABLES

MANOR Conc. 9, Stouftville 640-3061

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FROZEN FOOD

14-oz. Pkgs.

16-oz. Pkgs.

20-oz. Tins Good Cooking 14-oz. Pkg. Save 17c! Solid While Meat

UNCLE BEN'S RICE 31c SAICO TUNA FISH

In Batter

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Save 18c! High Liner

Schell's RED & WHITE, Stouffville

Well Streaked 1-lb. Pkg.

High Liner

Fillets of

CULE