

Fleetwood



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LOW'S FURNITURE

UXBRIDGE - 852-3073

House destroyed

By Lillian Jamieson
BALSAM-MT. ZION - A fire, Saturday night, destroyed a house on the south farm of Mr. Reg Hoskins, occupied by Mr. and Mrs. Ken Nicholls and family. All their possessions were lost but no one was injured.

Euchre winners, Friday were: Ladies - Mrs. Ruby Pearson and Mrs. Wm. Pegg; Gentlemen - Jim Dryden and John Puckrin. Bruce Bright had the most lone hands.

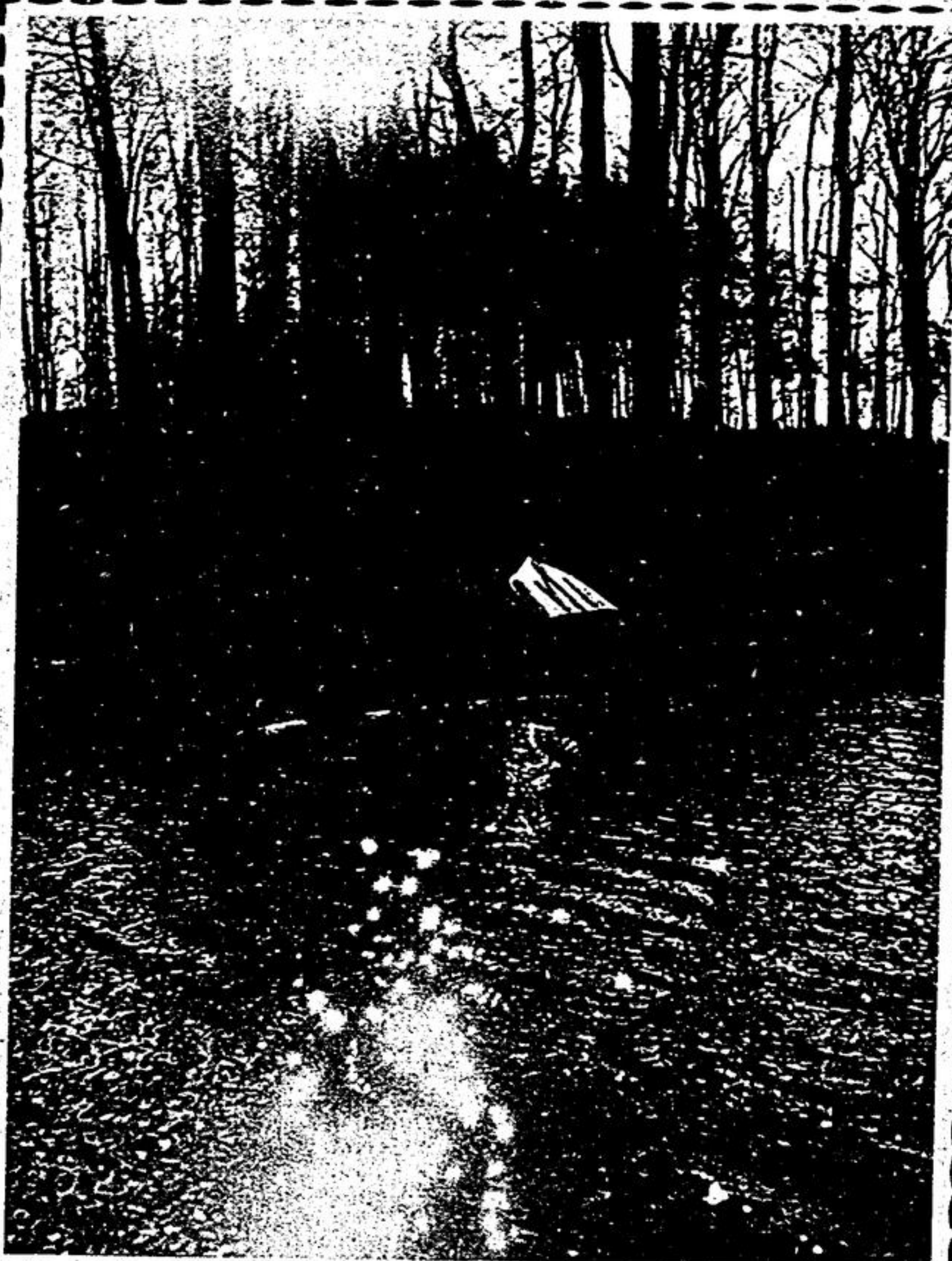
Mr. and Mrs. Jack Empringham and Mr. and Mrs. Donald Jamieson attended a wedding reception, Friday in Scarborough for Mr. and Mrs. Fred Armstrong.

The 4-H girls entertained the Active Service Class and their mothers to a buffet luncheon, Saturday, at the home of Mrs. Elmer Wilson. Appreciation is extended to club leaders, Mrs. Stan Hoar and Mrs. Wilson.

Mrs. Richard Day attended a gathering, Saturday, at Pefferlaw in honor of Mr. and Mrs. Gerald Westgarth on the occasion of their 25th wedding anniversary.

A combined White Gift Service, to include both the church and Sunday School, will be held Dec. 13 at 11 a.m.

Home is where you go when you're tired of being nice to people.



The end of a season

A late November sun flickers across the waters of a private pond on the property of A.M. Wilson, Glasgow Sideroad at conc. 3, Uxbridge Township. It's the end of one season and the start of another. —Jas. Thomas.

Night school enrollment up

YORK CTY. - Enrollment in York County evening classes is up 6 percent over 1969, it was reported at the November 9 meeting of the York County Board of Education.

There are 3,530 people attending classes in 10 of the county's 14 secondary schools. Largest enrollment is at Bayview Secondary School in Richmond Hill where 1,162 people are taking night courses.

Dr. G.W. Williams Secondary School in Aurora has 471 night students, Huron Heights in Newmarket 427, Markham District High School 352, Thornhill Secondary 321, Stouffville Secondary 263, Don Head, also in Richmond Hill, 201, King City Secondary 128, Woodbridge 118, and Sutton High School 87.

The traditional sewing classes remain the most popular with 602 people enrolled, 228 in three gradations of "Beginners", 178 in three intermediate levels and 206 in advanced courses.

Commercial courses are also popular with 289 enrolled in typing courses and 100 in bookkeeping classes. Shorthand is less in demand with only 60 people enrolled.

Women's physical fit-

ness classes are highly popular with classes held in nine of the 10 schools and 238 ladies participating. In contrast, only 28 men are taking similar courses.

Of the academic courses, Grade 12 English is most in demand with 54 students. Grade 13 mathematics "A" has attracted 50 students with another 35 taking Grade 12 mathematics.

Demand for technical shops is moderate with 88 taking welding, 85 beginners' woodworking, 43 auto mechanics, 43

electricity and 38 electronics.

Of the special courses offered, Conversational French has drawn the most students with 82 in beginners' classes and 40 in intermediate. This subject is available at four schools. Golf is a popular course too, with 87 people enrolled.

At Dr. G.W. Williams Secondary School in Aurora 44 people are studying needlework while at Woodbridge High School 40 are learning all about Yoga.

Altona Missionary Church

YOUTH FELLOWSHIP WEEKEND

FRIDAY 8 P.M.

Rev. David Illman & the Bakers singing in the Church

SATURDAY EVENING 6:45

TURKEY DINNER in the Altona Community Centre. Rev. Illman speaking and Jim and Barbara Head singing.

SUNDAY 11:15

Pastor speaking, Keith and Edith singing.

SUNDAY EVENING 7:30

Rev. Illman speaking and the Bridlewood Quartet singing.

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TOPS member loses 56 pounds

Life worth living again

By Mrs. Muriel Steele
STOUFFVILLE - Like most women, when I was first married, being overweight was the least of my problems. Being in good physical condition and weighing a mere 120 pounds, I was able to participate in many activities, with what appeared to be an unlimited reserve of energy. It is strange how we take these things for granted.

After my first child I had little trouble returning to my normal weight, but after my second child I started to experience a weight problem. Diet pills prescribed by a doctor helped me during this period, but it appeared to be a constant battle keeping my weight under control. My third child left me with a very definite weight problem. Again I tried the diet pills prescribed, only now it seemed I was taking them far too often and after a while they created problems within myself and my home life. I have discovered since, that the pills in question contained amphetamine, which is a hallucinatory drug that is quite dangerous. There is little wonder I became a stranger in my own home.

When I realized that the diet pills were affecting my health, I made up my mind I would not take them any more. The subsequent effect of this was a total loss of ambition, a sudden tremendous appetite with an urge to eat everything in sight and a complete lack of interest in everything around me. The end product of this was a 181 pound woman, who could no longer wear any nice clothes, who didn't want to go anywhere anyway, who spent most of the time sitting around thinking there wasn't much point in being alive.

My mind used to reflect on the many happy events of my early married life and I realized that I could derive much enjoyment from my family and they in turn could enjoy me. If I could only get rid of my obesity and start leading an active life again. I had been in the state of overweight confusion for two years, when Doctor Graham suggested that I join the TOPS Club. That was one year ago and I have never regretted it. For during the past twelve months I have shed 56 ugly surplus pounds off my body. I can now wear nice clothes again and I find that I am happy with my family and they are happy for me. Life has become worth living again. I have more ambition and I find myself making plans for the future with a new found

enthusiasm. My goal is to retain a sensible weight for the rest of my life. I know this means many sacrifices, especially when you enjoy exotic food as much as I do. However, after knowing the misery of gross overweight, I know that I will be prepared to

make these sacrifices without feeling sorry for myself. I know that I could not have done this without the aid of TOPS and wouldn't hesitate to recommend TOPS to anyone who is experiencing a weight problem.

Davey Crocket

A film feature

BALLANTRAE - This was a busy week for the boys of the First Ballantrae Cub Pack. On Saturday, the Pack visited the Ontario Science Centre, Don Mills. They also enjoyed a special treat at their weekly Cub meeting when Mr. Jim Wong visited the Pack to tell them the 'Jungle Book' story.

The students of Shrubmount Public School spent an interesting and informative day at the Royal Winter Fair. This was the first field trip the school had taken this year and it was greatly enjoyed by everyone.

On Saturday, children attending the weekly movie at the Whitechurch Centennial Centre, Ballantrae, saw the film 'Grey Friar's Bobby', a true story about a dog. This Saturday, the feature

will be 'Davy Crocket' starring Fess Parker, together with 'Bear Country'. The show starts at 9:30 a.m., and admission is 50 cents.

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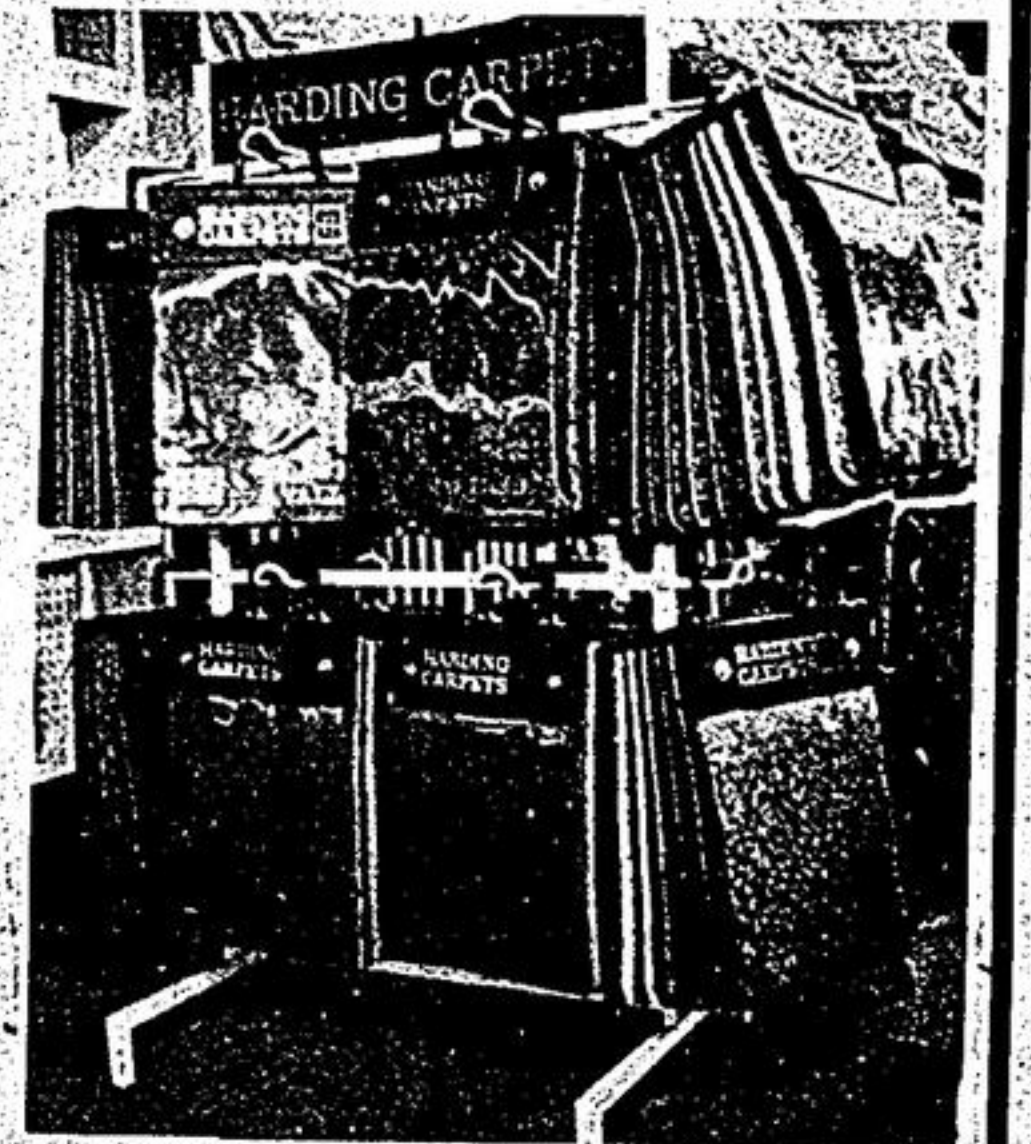
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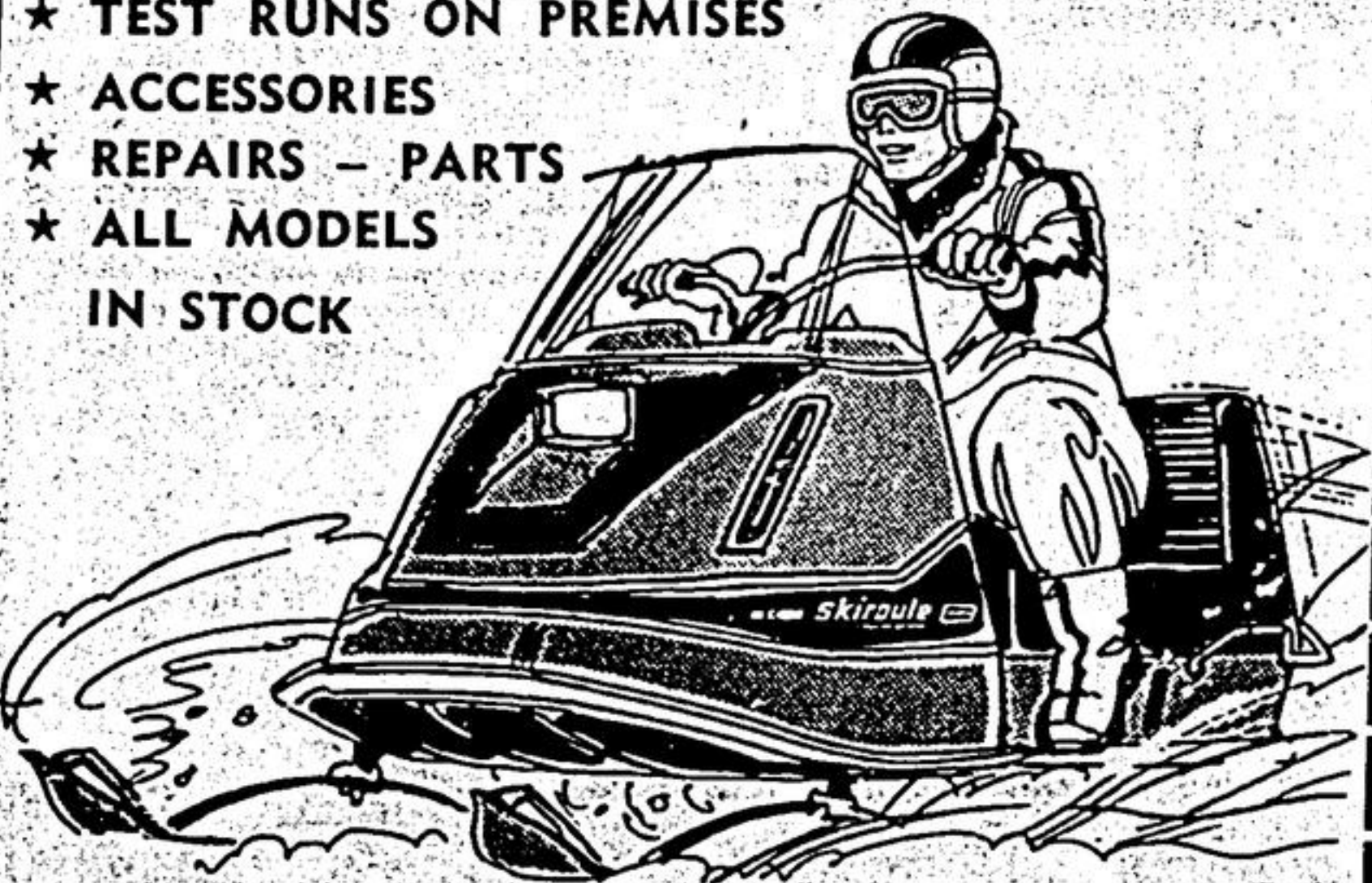
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