

TADDS UP EVERY LITTLE SAVINGS HELPS

Beefing up your freezer

By Marie Ellis
It has been a great summer for beef eaters but as the weather turns cooler, it's time to beef up your freezer. Beef is a great source of protein and iron, and it's also a good source of B vitamins. Beef is also a good source of zinc, which is important for the immune system. Beef is also a good source of selenium, which is important for the thyroid gland. Beef is also a good source of phosphorus, which is important for the bones. Beef is also a good source of potassium, which is important for the heart. Beef is also a good source of calcium, which is important for the bones. Beef is also a good source of magnesium, which is important for the muscles. Beef is also a good source of copper, which is important for the brain. Beef is also a good source of manganese, which is important for the metabolism. Beef is also a good source of iodine, which is important for the thyroid gland. Beef is also a good source of zinc, which is important for the immune system. Beef is also a good source of selenium, which is important for the thyroid gland. Beef is also a good source of phosphorus, which is important for the bones. Beef is also a good source of potassium, which is important for the heart. Beef is also a good source of calcium, which is important for the bones. Beef is also a good source of magnesium, which is important for the muscles. Beef is also a good source of copper, which is important for the brain. Beef is also a good source of manganese, which is important for the metabolism. Beef is also a good source of iodine, which is important for the thyroid gland.

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FILL'IN
SPECIAL**



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Lorne Allen of the York Regional Police doesn't look particularly worried about the Fuzz-busters displayed in the Sound and Music shop on Main St. The devices which warn a motorist of radar traps ahead have been selling well. When store owner Ron Meyers was asked who buys

them, he replied, "everybody." However, on thinking it over, he felt it was mostly people that have lost a lot of points. "They'd rather invest a couple of hundred in a fuzz-buster than lose their license," he said.
—Annegret Lamure.

Gormley news

Local contributors to pioneer sale

By Evelyn Milsted
There will be a miscellaneous shower for Keith Doner and Margaret Wright on Oct. 14 at the Youth Centre. The M.C.C. sale on Saturday at Pioneer Village was very successful. The Gormley ladies did a lot of baking, canning, candy, crafts, etc. which was totalled with the donations of the rest of the area. The Heise Hill women made many quilts which sold for \$248, which we feel is a very fine donation to this relief work. The total quilt sales were \$7871, with one quilt selling for \$480.
The Pioneer Girls are meeting every Tuesday night at 7 p.m. at the Heise Hill Church. This is open to every girl in the community.
The Adult Fellowship of the Heise Hill Church are holding a corn roast on Saturday night, Sept. 25 at the home of Mr. and Mrs. Harold Wideman.
Leslie Harris of Missions Aviation Fellowship will be the guest speaker at the Missionary Church at 7:30 p.m. on Sunday, Sept. 26.
Evelyn Milsted visited her uncle, George Duncan of Dundalk, who is ill in Orangeville Hospital.
Congratulations to Mr. and Mrs. Henry Heise who will celebrate their fifty-eighth wedding anniversary on Oct. 2.

Mrs. Delbert Baker welcomed her thirteenth grandchild on Saturday, a daughter born to Mr. and Mrs. John Honsberger of Barrie.
Mrs. John Doner entertained a number of ladies at a baby shower for Mrs. Walter Brillinger and new baby son on Thursday night.
Mr. and Mrs. Rick Collins have moved into part of the house on the Farb farmhouse on Don Mills Road.
Mrs. Ken Brash was also presented with a baby shower on Thursday night at the W.M.S. meeting at the Missionary Church.
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Airport review committee submits paper to members

BROUGHAM — Five Progressive Conservative MP's were told here last week a second airport is not necessary for meeting Metro Toronto's transportation needs.
The MP's, members of a transportation research group, were listening to presentations by members of the Metro Toronto Airport Review Committee, a group opposed to construction of an international airport in Pickering.
A brief handed to the MP's by MTARC recommends enforcing an existing curfew at

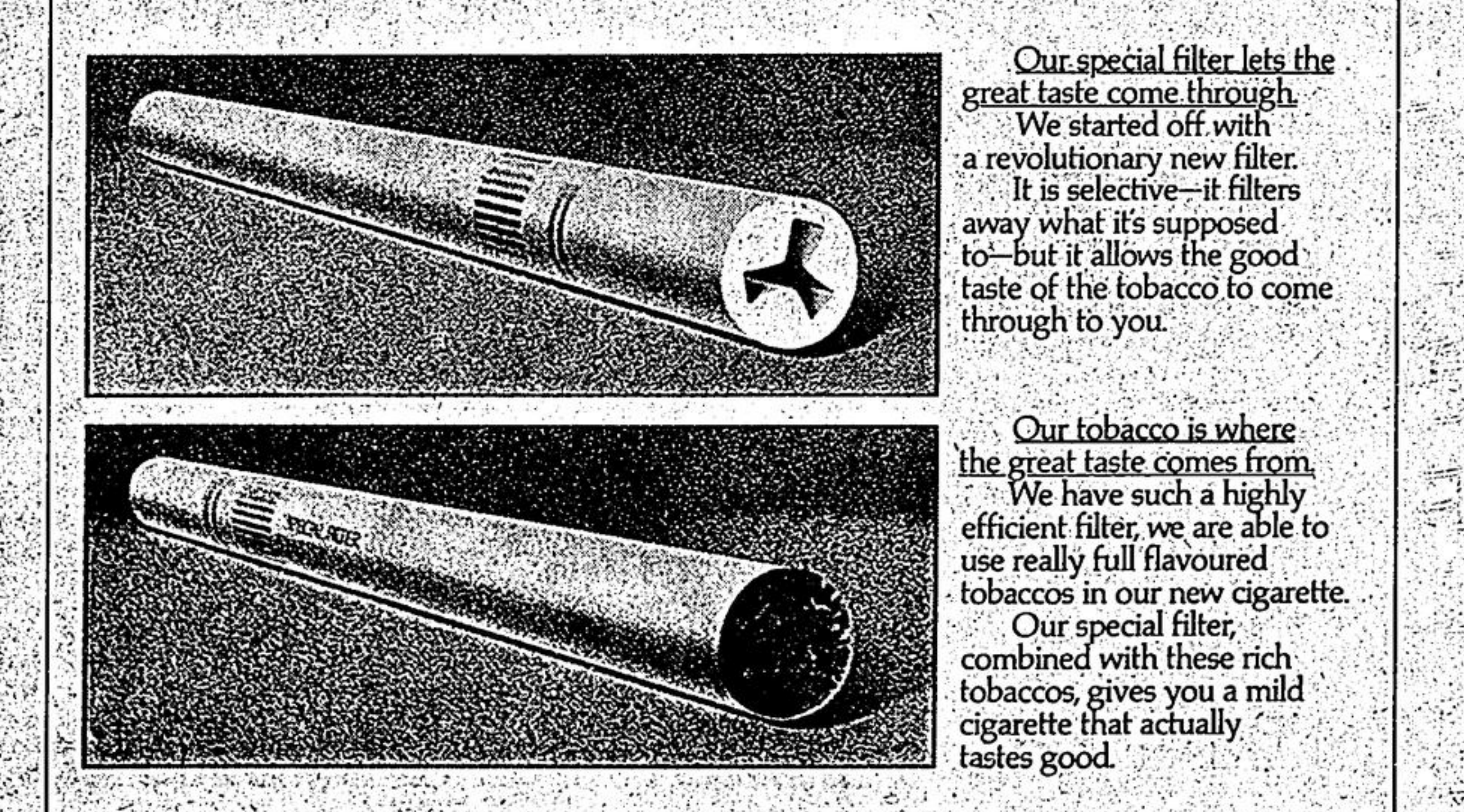
Malton, switching some flights there to smaller airports, improving high-speed rail service, and studying United States and European planning.
In the opinion of MP Sinclair Stevens, Pickering airport land should be returned to private ownership.



Volunteer fireman Jim Rennie douses baskets and other material stored at Chris Boncheff's fruit stand. In the background is where the stand used to be. Flames were discovered by a cruising York Reginal Police Officer who just after midnight Tuesday, turned in the alarm. By the time firemen were on the scene the structure was completely engulfed in flames. Mr. Boncheff said there have

been threats made against him that the stand would be burned down but he refused to speculate as to whether arson was involved. "I have given all the facts to the police and the fire marshal and now I'm waiting for them to tell me how the fire started," he told The Tribune. There is no estimate of damage and the fire marshal's office is investigating.
— John Montgomery.

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Newcomers welcomed to Dickson Hill area

DICKSON HILL — Sympathy is extended to Mr. and Mrs. Maurice Eby and family (formerly of Dickson Hill) in the passing of their daughter, Norma (Mrs. Bruce Clark). Mr. and Mrs. Bruce Clark and family farmed in the Stouffville area before purchasing a farm at Embro.
Deepest sympathy to Bruce Clark and his family. Several from this area attended the funeral home on Sept. 11, in the Woodstock Baptist Church.

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