



IT'S THAT TIME OF YEAR

True, it's back-to-school time again but this includes school sports. Westmount Park this week became the scene of a spirited soccer game.



VOL. XXXVI, No. 37 Montreal, Thursday, September 12, 1968 16 Pages PRICE: 5c

School commission vacancies are filled by appointments

The appointment of Mrs. Samuel L. Kaplan and John G. Ferrabee to fill vacant seats on the board of the School Commissioners for the Municipality of the City of Westmount was approved at the board's first regular meeting of the season Tuesday.

Mrs. Kaplan, of 735 Upper Belmont Avenue, replaces Dr. David N. Solomon who resigned for the reason that he is on sabbatical leave at the University of London for a year. Dr. Solomon is head of the sociology department at McGill University.

Mr. Ferrabee, of 17 Melbourne Avenue, takes the place of Mrs. William W. Woodhead whose resignation was made necessary to her change of residence to Ottawa.

Mrs. Kaplan, a former teacher, was, until her appointment to the school board, an officer of the Westmount Municipal Association and vice chairman of that organization's education and library committee.

The seven Westmount school commissioners traditionally include in their number at least one member of the city's Jewish community. Mrs. Kaplan will fill this role in the place of Dr. Solomon.

Mr. Ferrabee is a past president of the Westmount High School Old Boys Associa-

tion. He is the father of four children, three of them attending Westmount Park School.

Dr. Solomon, as well as being a member of the board, was its vice chairman. Another member of the board, Dr. Lindsay H. Mussells, a dentist, was elected at Tuesday's meeting as vice chairman. He lives at 309 Melville Avenue.

SCHOOL VISITORS NAMED

Other appointments made by the board Tuesday were to the positions of school visitors. These people have the right to enter schools at any time and it is their duty to check on such things as fire precautions, ventilation, building maintenance, and the general conduct of students. They report back to the school board on the results of their visits.

School visitors for Westmount Park School are Mr. Ferrabee and Mrs. Donald Lloyd-Smith. For Westmount High School they are Dr. Mussells and Reid Tilley. Mr. Tilley, incidentally, is also Westmount's representative on the Protestant School Board of Greater Montreal and vice chairman of the PSBGM.

School visitors for Roslyn School are Dr. John Elder and Mrs. Kaplan.

Two join Bishop's Corporation



W. M. MOLSON

Anthony E. Balloch and William M. Molson have been appointed members of the Corporation of Bishop's University. The appointments are announced by Brigadier John H. Price, president of the Corporation.

Mr. Balloch, of 33 Rosemount Avenue, is president of Bowaters Canadian Corporation. A graduate of Oxford, he served in the British Army during World War II, retiring with the rank of Lieutenant Colonel. He holds the OBE, the US Legion of Merit and the Bronze Star Medal. He has been associated with the Bowater Paper Corporation since 1938.

A former member of the University Grants Committee of Nova Scotia, Mr. Balloch has received honorary degrees from Acadia University and St. Francis Xavier University.

Mr. Molson, of 66 Forden Crescent, is a Knight of Grace of the Order of St. John and President of the St. John Council for Quebec. He is a governor of the Montreal General Hospital, Montreal Children's Hospital and St. Mary's Hospital and the Victorian Order of Nurses. During World War II, Mr. Molson served with the Black Watch.



A. E. BALLOCH

WMA watchdogs urban renewal

page 6

16-year-old girl vanishes from home

Buhay McKay, a pretty 16-year-old blue-eyed brunette, has been missing from her Selby Street home since September 3.

Westmount police have appealed for any information anyone may have concerning the girl.

She is described as five feet, five inches tall, weighing 110 pounds, with fair complexion, blue eyes, brunette hair and of medium build.

Until her disappearance she lived with her parents at 202 Selby Street. She was last seen wearing blue jeans and a red shirt.

Anyone seeing the girl, or having knowledge of her whereabouts is asked to call Sgt. Detective W. Jones of the Westmount police at 931-1711, extension 40.



BUHAY MCKAY

In Neurological Institute Cyclist seriously injured

A 13-year-old boy who lost control of his bicycle and struck a lamp standard in Westmount Sunday has been transferred to the Montreal Neurological Institute for treatment of head injuries.

Westmount police report that the boy, John Santo of 4344 King Edward Avenue in NDG, was riding his bicycle south on Belvedere Road when he turned right onto Sunnyside Avenue. He looked over his shoulder, police report, to see whether his friends were following and struck the curb. Losing control, he then struck the lamp standard. He was taken by patrol car to the Royal Victoria Hospital from which he was later transferred to the Neurological Institute.

The accident occurred Sunday afternoon.

Drug use discussed

Implementation of an information program on the use of drugs and alcohol in Westmount schools was discussed at Tuesday's first meeting of the School Commissioners for the Municipality of the City of Westmount.

Chairman W. T. Wood ex-

plained that the board had been approached by several organizations seeking to present their own views in Westmount schools. It was learned, however, that a well-organized program of information is available.

"There is no moralizing involved here," Mr. Wood said. "The program is one of information. While drug and alcohol abuse might not apply as much in Westmount schools as elsewhere, we feel that knowledge of the subject will be valuable to our students."

LIQUOR AND DRIVER NABBED

The strike by Quebec Liquor Board employees has made itself felt in Westmount in a way other than the occasional parched throat.

Westmount police Monday seized 13 cases of liquor and six loose bottles from a car that was stopped on Tupper Street.

The driver of the car, 45-year-old William Mierzwinski of First Avenue, Rosemount, was arrested and turned over to Quebec Provincial Police, along with the liquor, for prosecution.

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Westmount school attendance declines

Schools under the Protestant School Board of Greater Montreal in Westmount showed an opening day attendance decline of 146 when compared with the same day a year ago. A total of 2237 pupils appeared in 3 Westmount schools this year.

High school enrolment at Westmount High School was 1061 (including grade VII) - a decrease of 129. Of these, 211 are in first year high school and beginning their secondary school careers while 249 fourth

year students are anticipating a June, 1969, graduation.

For 146 youngsters, September 4 was a banner day and they began their school career in one of 6 kindergartens operating in the two elementary schools serving the Westmount area.

A feature of this year will be the integrated French program at Roslyn School. All pupils - from Kindergarten through Grade VI - will receive increased instruction in French.

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An adequate noon meal is similarly essential because children who are well nourished tend to be healthier, happier and more efficient in their schoolwork than undernourished children.

What should a good lunch contain?

The following guideline for a nutritious lunch for your school-child, whether at home or at school, is suggested in the federal health department publication, **Healthful Eating**: - cheese, egg or other protein food; vegetable (or fruit); bread with butter or fortified margarine; milk to drink or in a milk dish. (Cold milk, hot milk, drinks or cream soups can be carried in a thermos). Milk puddings and custards can be carried in containers with tops. If several children bring jars containing foods which need re-heating (such as stew or soup), they could be heated together in a large pan of hot water and the hot food eaten with the rest of the lunch. A popular plan is the preparation at school of a hot food such as cocoa, scalloped dish, baked beans, etc. to supplement the carried lunch.

EDNA MARIE HAWKIN

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The Westmount Examiner, Thursday, September 12, 1968 - 3


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City's streets clear of pigs

A pig has joined the list of livestock rounded up during recent years by Westmount police.

A call received Tuesday morning at police headquarters was at first suspected to be a prank. Investigation revealed that it was true, however; a little pig was running loose on Dorchester Street in the Weredale Park area.

Constables gave chase and quickly pinched the porker. He was taken to the station and later released in the custody of the SPCA.

Chief Inspector A. E. Jones recalls other animals that have been picked up by Westmount police in the past. These include a monkey, a snake and a giant tortoise. Detective Lieutenant William Pryde remembers the unwelcome reception given by the attendant of the police garage to a horse. The detective lieutenant, at that time Constable Pryde, brought in the horse, with complete Western-style trappings, from the place it had been found in Westmount.

It was later discovered to belong to a popular singer of the day who had ridden it to the home of his girl friend and left it hitched outside.



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Rotarians plan a busy year

There will be no student exchange program undertaken by Westmount Rotarians this year it has been decided although the Patton Project for the continuing care of potential delinquents will be continued and even extended. Investigation is being made into a Day Nursery Program for the benefit of working mothers and the establishment of Family Guidance Clinics is to be carried out during the forthcoming year.

The matter will be discussed at a meeting with social workers and psychologists of the Protestant School Board and the Mental Hygiene Institute. The program is under the direction of George Trim, Chairman of the Youth Service Committee.

Other members of the committee are T. O'Connell, secretary; W. R. Abbott, C. J. Cadorette, C. J. Dendy, Rev. J. N. Doidge, W. R. Johnston, R. W. McKelvie, J. Patton, C. E. Spence, L. J. Stuart and J. G. G. Whalen.

Les Stuart was called upon by President McLuskie to introduce the visitors and guests prominent among whom was Hugh McCormick, Chairman of the Board of the Monitor Publishing Company which publishes the Westmount Examiner, and founder and first publisher of The Monitor, NDG's popular weekly newspaper.

Letters of appreciation were received from parents of children who had the opportunity of visiting camp this summer.

Two great projects are at present under consideration by the Special Projects Committee. One concerns the recognition that there exists in the community a definite lack of organized recreational facilities and pro-

grams for those in the Golden Age category. The club's Golden Age committee have been studying the problem for many months and are planning to bring forward a concrete plan of action.

The other project is one concerning a large expenditure of money to provide housing facilities for a Children's Village located on a farm near Sutton, Que. This project calls for the building of 14 residences to house approximately 100 children who have been removed from the control of their parents and turned over to the care of the "Children's Mountain Cottage Convalescent Hospital" for rehabilitation.

Ernie Mills and Gary Whalen

have visited the Montreal premises and have discussed the project with the Director. The Special Project Committee are considering four other avenues of service and prepare for a busy year.



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He was still working in his field last month at the time of his death, shortly before his 65th birthday. He was employed by Westmount Renovation Ltd.

He was the husband of Marie-Jeanne Boileau.

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Thursday, September 12, 1968

We Say

All would benefit from a truly bilingual Quebec

Many English-speaking Québécois are guilty of "contemptuous neglect" in not learning French.

The charge, in his well-known declamatory style, is that of M. René Lévesque - scholar, onetime TV personality, former Liberal cabinet minister, leader of the "sovereignty" thought-line of Québec's bifurcated separatist movement.

A few years ago, when M. Lévesque's reasoned, constructive voice was being heard effectively in the forefront of the post-Duplessis "quiet revolution," a delightful little story was making the rounds of these parts. It was to the effect that French Canadians were more infuriated than ever because the "maudits anglais" of Westmount had found a new activity for themselves alone from which the French were effectively excluded: learning French!

There was and still is a growing and active response, both spontaneous and prodded, on the part of English-speaking Québécois to make up the deficiencies of their earlier education in this respect. In short, M. Lévesque is flogging a dying, if not dead, horse.

This is not to say there is not still a woeful number of English-origin citizens whose French vocabulary ends at "oui" and "non;" still worse, with no intention of learning French and possessed of what M. Lévesque describes as a Rhodesian-like minority mentality toward the "natives," the French majority.

M. Lévesque is an intellectually honest and fair minded man. He surely would be the first to acknowledge that the same situation and attitude obtain in reverse. French-

speaking people, in large numbers, are mastering English and taking their places, as a direct result, in industry, commerce and professions in which they were a rarity only a decade or so ago.

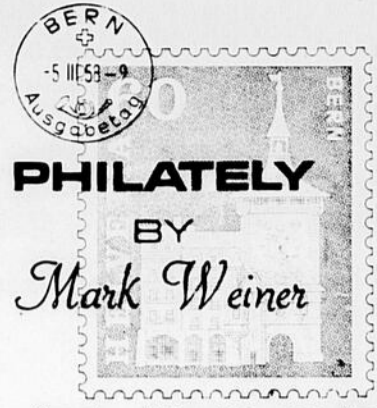
Yet, at the same time, French Canada has its cult of the narrow *status quo*, too, which says: "French is our language; it must be preserved; therefore we must exclude all other tongues."

The preservation is laudable. But the isolation of Québec from the rest of Canada, North America and a big chunk of the world is an untenable and probably unattainable objective on a shrinking and intercommunicating globe.

M. Lévesque's own brand of separatism calls for a "sovereign" state of Québec but, realistically, with close economic and other ties -- inevitably with the English-speaking world. Ultimate unilingualism, if it could be achieved, would be fatal to a sovereign Québec.

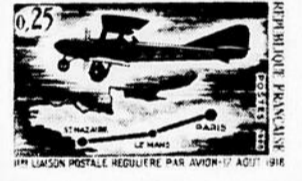
We are being bedevilled by mistakes and attitudes of the past, most of which are fast falling. For example, the long-time abominable standards of French instruction in English Protestant schools, and of English in the French Roman Catholic system -- with no cross pollination, no obvious exchange of qualified, authentic teachers due to artificial religious barriers. Generations of youngsters grew up to hate the others' language and, too often, those who spoke it. The best bilingualists we know picked up their skill as uninhibited tots, playing in the streets, before the educationists and religionists could do their damage.

Much of that is past. We are doing better by the cur-



Bogota, Colombia, was the recent host to the 39th Eucharistic Congress, and to commemorate the Congress, the Colombian Post Office issued two sets of postage stamps. The first, comprising three stamps, was issued June 26 and followed in August by the second series, which comprises 10 stamps and a souvenir sheet, depicting famous paintings by Colombia artists. In addition to which, on August 22 the four Papal Visit stamps were issued, these were hurriedly designed and printed locally within three weeks because it was only late in July that it was certain that His Holiness would attend the Eucharistic Congress. During the Papal Visit and the Congress, eight different special postal markings were prepared and used on the mail. These markings plus the stamps will make an interesting addition to any collection of "Religion" on stamps.

In Colombia the airmail service operates independently of the other postal services. The air company Aerovias Nacionales de Colombia (AVIANCA) runs the entire airmail service under government contract, through the Colombian Postal Administration. To administer this service, the company set up

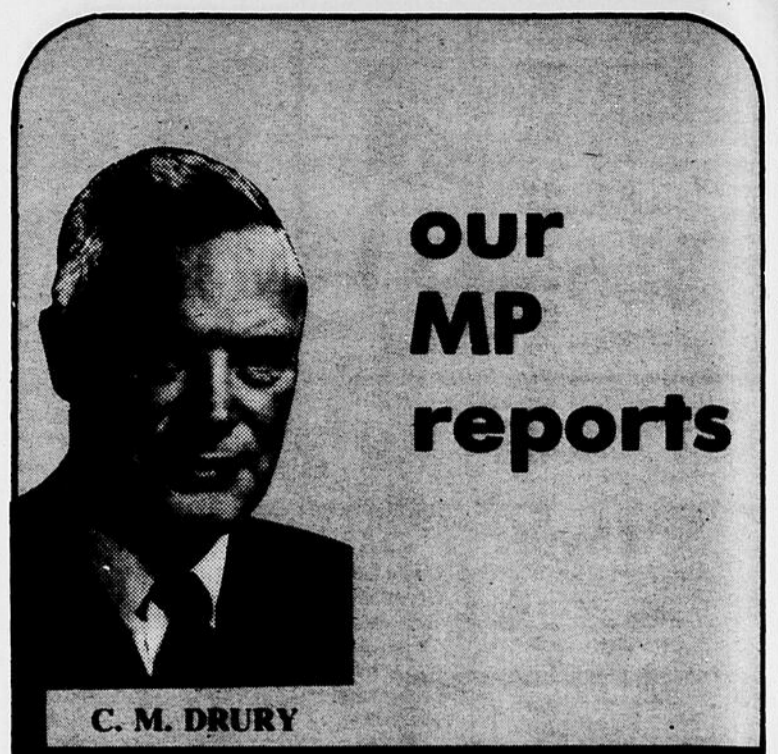


the airmail division, a subsidiary responsible for all airmail business. Avianca staff collaborates closely with the postal airmail service, and in certain cases, such as at small airports, the local Avianca representative also carries out the function of a postal official.

The airmail service is operated by aircraft serving 55 towns and has representatives providing direct service in 264 others. Where aircraft arrive frequently, a vehicle leaves the airport for the various delivery centres every 30 to 40 minutes; elsewhere the frequency of service depends on the frequency of flights. The service uses its own vehicles for surface transport between towns and airport. In the major towns there are 468 points where postage stamps for the airmail service can be bought and representatives and agents receive a commission on sale of postage stamps.

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rent crop of future citizens. They stand to prosper and thrive as we never did in the easy use and enjoyment of two languages and the sharing of two cultures.



C. M. DRURY

OUR MP reports

Defining the job

Many people, upon reading of my appointment as President of the Treasury Board, may have asked themselves: What is the Treasury Board? This is a very valid question because until quite recently the role of the Treasury Board was, at best, ill-defined. The Financial Administration Act of 1951 attempted to define and stabilize the responsibility of the Treasury Board when it stated that:

"The Treasury Board shall act as a Committee of the King's Privy Council for Canada on all matters relating to finance, revenues, estimates, expenditures and financial commitments, accounts, establishments, the terms and conditions of employment of persons in the Civil Service, and general administrative policy in the Civil Service."

But the Financial Administration Act did nothing to change the executive functions or the status of the Treasury Board. The Minister of Finance remained as President and members of the Finance Department staffed the Treasury Board Secretariat.

In other words, a group that had as its function the detailed scrutinizing of departmental expenditure requests retained a sub-departmental status, with its head a minister of a department whose prime role was the direct opposite of that of the Treasury Board, namely, revenue.

Largely as a result of the recommendations of the Royal Commission on Government Organization (the Glassco Commission) this anachronism was done away with. An amendment to the Financial Administration Act which came into force October 1, 1966, made the Treasury Board a department, with its own minister. The Secretary was given the status of a senior deputy head.

I am, therefore, the second President since the Board achieved departmental status, the Honourable E. J. Benson having been the first.

Traditionally, the role of the Treasury Board has been that of a watch-dog on government expenditures with all the implications of negative control. This concept inevitably permeated all government departments and the result was a continuing hostility towards the Treasury Board on the part of the various departments.

In recent years, and the trend is gaining impetus as the traditional barriers are being surmounted, the Treasury Board has undergone a total shake-up in its policy and attitude towards the departments. Instead of waiting for the departments to submit their proposed expenditures and then analysing and (often) cutting them drastically, the Board is now helping the departments in the preparation of their respective expenditure plans with such techniques as cost/benefit analysis and programme budgeting (both of which I shall discuss in future articles). In this manner, departments know that their expenditure planning is being done on an objective basis and that the Treasury Board will understand the rationale behind each submission.

Eventually, of course, the Treasury Board hopes that each department will be able to apply the various techniques to expenditure planning without the assistance of the Treasury Board.

(In three future articles, I propose to describe and discuss in detail the three main functions of the Treasury Board, namely, the Programme Branch, the Personnel Policy Branch, and the Management Improvement Branch.)

In a previous article, following the election, I asked constituents who have anything they want to discuss to write to me at the House of Commons, Ottawa. Please do not hesitate to do so. Each letter will receive my personal attention.



Westmounter in Britain

Dumb heroes

By STEPHEN SCHOFIELD

CRAWLEY, Sussex: Olympic riders train here. Instruction is first-class. Several Americans are taking lessons. But the rider who rivets attention is Mr. A.

He crawls through the back door of an ambulance onto a wooden table and waits on his hands and knees. A horse is led close to the table and held firmly by two men. Then two others lift Mr. A. from the table to the saddle; his withered little legs hug the flaps on either side. Thus he is off to the woods for an hour from his wheelchair prison.

Mr. B., a husky man from the waist up, is too heavy to lift onto a horse. What to do? Lower the horse, of course. The animal is led into a dry ditch and three strong men raise Mr. B. onto a saddle for the first time in his life. How happily he smiles!

Around a ring crippled child-

ren are riding ponies. Each one is led by a helper and another helper walks beside each rider. The procedure is varied with games and cross-country rides. This happens weekly in various parts of Britain.

RESULTS?

Of three crippled girls, after riding regularly for five months, one now walks to the village; another walks without crutches; and the third is starting in a walking frame after being chair-bound all her life.

Jack, a boy of 13 with congenital deformities, passed the test for the Scout horseman's badge. David 15, suffered from cerebral palsy so severely he could not walk; five years later he walked out of hospital; he still continues his weekly riding lessons. Sally, 9, who had been in hospital for four years, simply radiates happiness when she rides.

Children in leg irons obviously enjoy their hour in the saddle.

Many who had worn leg irons and other supports have now discarded them, and can trot and even canter and jump their ponies. Peter, aged 4, suddenly started to walk without his sticks and calipers, after only three rides.

WHY?

Why? Because the shape of the back and sides of a horse is naturally designed for the seat of man. Riding releases nervous tension and flexes unused joints. The disabled rider is forced to use a normally unused hand, arm or leg, or all three. In time he learns to move in harmony with the rhythm of the horse. Circulation is stimulated. And the whole body becomes more supple and stronger.

After riding, some children cling to their ponies, patting and feeding them, even from wheelchairs. I saw one little boy removed from the saddle right into a pram. But the boy held on to

the reins, and while his mother pushed him in the pram, he led the pony to the stable.

BRENDA

Brenda, a spastic, now walks without support, and her voice, which was slurred, has improved so much that she has secured a job as a telephone operator.

Charlie, a man of 64, had never spoken in his life. After some weeks of riding, he began mouthing words, and gradually repeated words and short sentences. Now he answers questions. (As soon as he could speak he complained to the nurses that he had not been given enough bread; they told him to ask for more in the kitchen, and he did).

One group is comprised of spastic children, aged two to 17. After 18 lessons some can trot without help, and some who could not walk or speak before learning to ride, are now able to walk and speak a little.

(Continued on page 16)

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Bulletins from Birdland Gathering

By WINIFRED E. WILSON

Quite naturally no bird wants to keep company with a Shrike, and would find it quite impossible to keep pace with a Swift. So, you see, there are a few birds that make the long fall journey south all by themselves. Species with very special tastes are destined to travel with just their own kind. The vast majority prefer company, particularly because there is safety in numbers. As happens so often in other aspects of life, food is the determining factor. Those that flock together must have similar food tastes. They first gather in various districts where their choice of food is available, and gradually join other small flocks made up of birds with these same preferences, until sometimes a flock comprises several hundred birds.

The date when this gathering begins also depends to a great extent upon the favourite food. When that starts to give out, the consumers must move farther south, following the supply which, in turn, frequently depends upon the weather. Birds that favour wild fruit and berries may be able to find them in Canada all autumn. Once the season for flying insects is coming to an end, flycatchers with no other choice gather ready for migration.

Warblers are mostly the fly-

catching type of bird, so by now they must fatten up preparatory to the long flight south. Like our man-made flying machines they require fuel, and there is always some uncertainty about the next good filling station. In late August or early September they gather in flocks where flying insects may still be found.

They are among the many kinds of birds that migrate by night, feed and rest by day. Early in the morning they land in a suitable spot, so if you happen to live in a place where flying insects are plentiful, some morning you may waken to hear many little Warbler calls - possibly a bit of a song. And when you go out to investigate there, flitting from branch to branch, will be a whole flock of Warblers, probably made up of three or four species gathering together for protection.

In fact, as Vireos have similar tastes, you might spy a Red-eye, a Solitary, a Warbling, or a Yellow-throated Vireo mixed in with the Warblers - even Ruby-crowned Kinglets might have joined the company.

If the hunting ground is really good, all may remain in the vicinity for several days; if they are just searching for a good spot it is hopeless to try to follow them, they move so rapidly. Their modest autumn dress makes identification very difficult when, for a second only, you see what might be a yellow cap, a yellow cheek, a yellow rump, or a yellow throat.

Gavin Ross Smith Chapman John R. Fuller

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Christian Science: Do you know what it is?

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8:15 p.m.
Thurs., Oct. 3
Victoria Hall

WMA executive meets

Pollution controls, urban renewal get priority

At its first meeting of the autumn, September 10, at Victoria Hall, members of the Executive of the Westmount Municipal Association reviewed program projects for the coming year. Leeds Nelson, Chairman of the executive, reported later that of high priority this year are the questions of urban renewal and pollution controls.

It was reported at the meeting that the Executive is in continuous contact with the City Administration on the matter of the

Association's resolution passed at its recent special general meeting concerning contractual arrangements with the Rubin Corporation. Harry Mayerovitch of the housing and zoning committee assured the Association that this matter is being followed very closely.

Executive members David Angus and Dr. G. Lehman made an initial report on a review presently underway on Board of Health regulations. A progress report on pollution controls is

expected shortly, and, in addition, an examination of water fluoridation is being considered.

A special committee of the Westmount School Board was reported by Education Chairman Douglas Thomas to be under formation with representation from the W.M.A., to examine proposals for the introduction of a civics course in the Westmount High School.

An official expression of regret at the death of Malcom Blakely was passed by the Executive. Mr. Blakely was a long

time member of the Association and at the time of his death was Chairman of the Westmount Public Library Committee. The Executive is pleased that Raymond Caron has agreed to fill the vacancy on the Library Committee.

René Z'Graggen, Chairman of the Membership Committee, advised the Examiner that "it is hoped that membership payments delayed during the mail strike will now be quickly sent in by the Association's members".

Best sellers at library

"Airport" by Arthur Hailey and "Couples" by John Updike, currently on the best-seller lists, are doubtless familiar titles to readers. And most readers will remember John O'Hara's "From the Terrace" and Anya Seton's "The Winthrop Woman", which were best-sellers 10 years ago. But how many readers remember the best-sellers of 20 years or 50 years ago?

Beginning Monday, September 16, the Westmount Library will have a display of best-sellers of the past, based on a recently-published book entitled "70 Years of Best-Sellers."

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advertising helps good things happen

WHS pass rate high

Noel Hamilton, reporting to the School Commissioners of the Municipality of the City of Westmount on his first year as principal of Westmount High School, received the board's congratulations.

A pass rate of 87 percent, before supplemental examinations, was reported for the 1967-68 year, representing an increase over the already-high standing of previous years.

Chairman W. T. Wood moved that the school commissioners express congratulations on the part of the board and the community to Mr. Hamilton.

Harold P. Rolph to Middlebury

Harold P. Rolph, son of Mrs. Frank B. Rolph of 716 Victoria Avenue, Westmount, is enrolled as a freshman at Middlebury College, Middlebury, Vt.

Rolph is a graduate of Lower Canada College.

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NEW PIPE ORGAN

This new pipe organ, installed in St. Andrew's United Church as a memorial to members of the congregation killed in the First and Second World Wars, will be dedicated Sunday.

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The removal of his office for the practice of Dentistry to

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St. Andrew's new organ dedicated

Dedication of a new pipe-organ will take place at the morning service at St. Andrew's Church, Westmount, this Sunday, September 15th.

Built as a memorial to members of the congregation who gave their lives in the First and Second World Wars, the new instrument incorporates tracker-action. This mechanical action is a return to the system employed by European organ-builders in the 17th and 18th centuries. Coupled with classical low-pressure voicing and traditional specifications, the tracker design gives the St. Andrew's instrument a remarkable purity of tone. A further advantage is the free-standing position of the organ in the suspended gallery at the rear of the new church.

The public is invited to the Inaugural Recital at 8.45 p.m. this Sunday evening, when Bernard Lagacé, well known Montreal recitalist and teacher, will present works by Bach, Brahms, Buxtehude, Pachelbel and Couperin.

The organist and choirmaster at St. Andrew's Church is Gordon C. White, L.Mus., B.Mus.

Religious Radio Broadcast,
September 15, 1968

What parents can do to help their sons and daughters adjust to the pressures of college and university life will be discussed on the next Christian Science radio program in the regular weekly series "The Bible Speaks to You" broadcast over Station CKVL (dial 850) every, Sunday morning at 9.45.

SNEAK PREVIEW

Don't Miss TV GUIDE's Exciting Look At Television's New Season.



The September 14th Fall Preview Issue of TV Guide . . . On Sale Now!

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Rev. E. A. Kirker, B.A., B.D.,
Minister

11:00 a.m. Morning Worship
Dedication of Organ
8:45 p.m. Inaugural Organ Recital
by Bernard Lagace

Gordon C. White, B. Mus.,
Organist and Choir Director
Visitors Welcome!

**DOMINION
DOUGLAS**

Westmount Blvd. and Lansdowne Avenue
Rev. R. Douglas Smith, B.A., B.D., D.D.
Rev. J. T. P. Nichols, M.A., B.D.
Mrs. Holly F. Davidson

Morning Worship 11:00 a.m.

Sermon "It's a strange, strange world ..."
Rev. R. Douglas Smith D.D.
Mr. Maurice Morgan newly appointed to Macdonald House will be introduced, and will speak.

Organist and Choirmaster:
Mr. Victor McCorry

ANGLICAN

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The Rev'd. K. G. Rutter
The Rev'd. Canon S. R. Lindsay

TRINITY XIV

7:30 a.m. Mattins
8:00 a.m. The Holy Eucharist
10:15 a.m. Sung Eucharist
HOLY EUCHARIST during the week
Tuesday 7:00 a.m.
Wednesday 9:30 a.m. and 5:30 p.m.
Friday 8:00 a.m.

**ST. MATTHIAS'
CHURCH**

Westmount
Cote St. Antoine Road
and Church Hill

Canon J. N. Doidge
The Rev'd. J.C.M. Serjeantson

TRINITY XIV

8:00 a.m. Holy Communion
9:30 a.m. Mattins: Sermon - The Rector
11:00 a.m. Choral Eucharist.
Sermon - The Rector
11:00 a.m. Church School.
Nursery and Crib Corner

Organist and Choirmaster
Aubrey M. Foy, A.R.C.O.

BAPTIST

WESTMOUNT BAPTIST CHURCH

Sherbrooke St. West at Roslyn Ave.
Nearest Downtown Baptist Church

Minister - Rev. J. Frank Patch, B.A., B.D.

Organist and Choir Director: Frank Armstrong, L.T.C.L.

11:00 a.m. "TO EVERY MAN, HIS TASK"
7:30 p.m. "NO IFS, ANDS, OR BUTS!"
Congregation "Talk Back"

Midweek Service: Wednesday, 8:00 p.m.
Sunday School: 10:00 A.M. and 10:45 A.M.

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(United)**

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Rev. H. Ray Ashford, Minister

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Welcome to All

12:00 noon, Coffee-Hour

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SUNDAY, SEPTEMBER 15th

11:00 a.m. Mattins
Capt. E. D. Payne

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Miss Lydia Elbich - Organist

SUNDAY, SEPTEMBER 15th

9:30 a.m. Senior Sunday School and Bible Class
11:00 a.m. The Service Jr. S.S. and Nursery

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Sunday, September 15th
7:00 p.m. Healing Service
7:30 p.m. Divine Service
Trance Address: Mr. Eddy DeBanks
Spirit Communion: Mrs. E. McIntosh

Wednesday, September 18th

8:00 p.m. Address and Spirit Communion. Mrs. M. Eaton

Friday, September 20th

8:00 p.m. Message Service. Mrs. M. Eaton

Sunday, September 22nd

7:00 p.m. Healing Service
7:30 p.m. Divine Service. Address: Mr. A. C. F. Luke. Spirit Communion: Mrs. M. Page

Wednesday, September 25th

8:00 p.m. Address and Spirit Communion: Mrs. M. Page

Friday, September 27th

8:00 p.m. Message Service. Mrs. M. Eaton

Sunday, September 29th

3:30 p.m. Message Service. Mrs. Ann Wells
7:00 p.m. Healing Service
7:30 p.m. Divine Service. Address and Spirit Communion: Mrs. Ann Wells
Tea will be served after the 3:30 p.m. service
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RABBI BERNARD BLOOMSTONE,
Assistant Rabbi
CANTOR HERMAN K. GOTTLIEB

SABBATH SERVICES

Friday evening, September 13th at 8:15 o'clock.
DR. STERN will comment on the Torah Portion.
Saturday morning, September 14th at 11:30 o'clock.

BAR MITZVAH

At the Worship both Friday evening and Saturday morning, Gregory, son of Mr. and Mrs. Edward Daniels, will be called to the reading of the Torah in observance of his Bar Mitzvah.

RELIGIOUS SCHOOL

High School Department - Saturday mornings at 9:30; Junior School - Sunday mornings at 9:30; Daily Hebrew School - Monday thru Thursday afternoons commencing at 4:00 o'clock.

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CHURCH OF
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CHURCH OF THE MESSIAH
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SUNDAY, SEPTEMBER 15th
11:00 a.m.

"PRESSURE AND PROTESTS
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Organist: Kenneth Meek, B. Mus.
Choir Director: Barbara Keats, B. Mus.
CHURCH SCHOOL CLOSED - RE-OPENS
SEPTEMBER 29th.

LAKESHORE UNITARIAN CHURCH at 14
Cedar Ave., Pointe Claire - Service at 10:30 a.m.
NORTHSHORE FELLOWSHIP at 1 - 9th
Ave., Roxboro - Service at 8 p.m.

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SCIENTIST, IN BOSTON, MASS.

SUNDAY, SEPTEMBER 15th

11:00 a.m. Church Service
11:00 a.m. Sunday School

11:00 a.m. Nursery for Infants

Lesson Sermon Subject:
"SUBSTANCE"

Every Wednesday 8:15 p.m.
Testimony Meeting

PUBLIC READING ROOM

in the Church Edifice: Open Tuesday, Thursday
and Saturday 1 to 4 p.m. Wednesday 6:30 to 8:00
p.m.

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**STANLEY
PRESBYTERIAN
CHURCH**

Westmount and Victoria Aves.

Minister:
Rev. S. Macdonnell B.A., B.D.

SUNDAY, SEPTEMBER 15th

11:00 a.m. Morning Worship

10:15 a.m. Church School

11:00 a.m. Kindergarten

Organist and Choir Director
Doris Killam A.R.C.T.
I. Mus. (McGill)

Visitors Welcome

**Strategy study
concludes Sunday**

Convention Baptist Churches in Montreal are concluding a Strategy Study Sunday, September 15, and a Rally will be held in Westmount Baptist Church at 3 p.m. for all interested people. Rev. Norman Green, Rev. Wayne Ellis and Rev. Warren Russell have completed field work among the churches, and will make their final report to the Sunday afternoon gathering.

The three ministers are on loan from the American Baptist Home Mission Societies' department of Church and Community Studies, of which Rev. Mr. Green is director.

At Westmount Baptist Church, the Minister, the Rev. J. Frank Patch, will preach at both services. In the morning the subject of his sermon will be "TO EVERY MAN, HIS TASK", and in the evening he will speak on "NO IFS, ANDS, OR BUTS!" this to be followed by a Congregational "Talk Back".

After the evening service all are cordially invited to the Lower Hall for the Fellowship Hour,

when coffee and light refreshments will be served.

The Church School meets on Sundays at 10 a.m. for seniors and 10:45 a.m. for primary and juniors.

The midweek meeting of the church is on Wednesday at 8 p.m. for Prayer, Praise and Bible Study.

The BYPU (ages 18 to 25) meets on Fridays at 8 p.m.

**Macdonald House
welfare worker
meets congregation**

Maurice Morgan who has recently been appointed to the management of welfare work of Macdonald House, will be introduced to the congregation of Dominion-Douglas United Church next Sunday morning. He will make a brief statement about his work.

Dr. Smith's sermon topic will be "It's a strange, strange world ..."

**Worldly transience
forms a contrast**

The transience of worldly values and the permanence of spiritual things will be contrasted at the services in Christian Science churches this Sunday, in the reading of the week's Lesson-Sermon on the subject "Substance". The Bible text is from John's Gospel: "Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you." Related passages from the denominational textbook will in-

clude: "Christianity causes men to turn naturally from matter to Spirit, as the flower turns from darkness to light. Man then appropriates those things which 'eye hath not seen nor ear heard.' Paul and John had a clear apprehension that, as mortal man achieves no worldly honors except by sacrifice, so he must gain heavenly riches by forsaking all worldliness" ("Science and Health with Key to the Scriptures" by Mary Baker Eddy).

**High Holy Days
Sunday, Monday**

Friday, September 13 at 8:15 p.m. Dr. Stern will comment on Torah Portion at Temple Emanu-El.

Saturday, September 14 at 11:30 a.m. Sermonette by Rabbi Bloomstone.

HIGH HOLY DAYS

The Temple Pew Committee, under the chairmanship of Irvin Gertsman, is now processing Pew accommodations for the High Holy Day Services which will be held both in the Temple Sanctuary and the Grover Auditorium.

Those wishing to affiliate with Congregation Emanu-El are requested to communicate with Miss Rose Cohen, Executive Administrator, at the Temple Office - 937-3575. Under the co-chairmanship of Irving Kates and Sydney Lithwick.

484-1149

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8:15 p.m.
Thurs., Oct. 3
Victoria Hall



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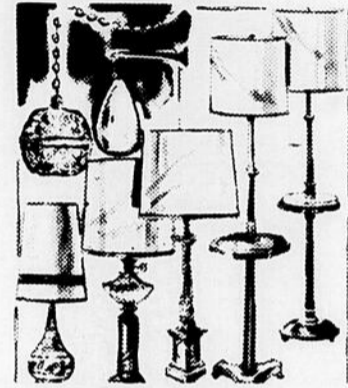
MISS VIRGINIA MADELEINE GRACE GATES, daughter of Mr. and Mrs. Frank E. H. Gates, of Westmount, and MR. WILLIAM JAMES LALLY, son of the late Mr. and Mrs. William J. Lally, of New York, whose engagement is announced. The marriage has been arranged to take place on Saturday, September 21, in Dominion-Douglas Church, Westmount.

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8:15 p.m. Thurs., Oct. 3 Victoria Hall

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Coming Events

FASHION SHOW sponsored by The Council for Exceptional Children will be held at the Windsor Hotel, September 25th, at 8.00 p.m. After dinner, Angelina di Bello will present her fall and winter collection. Madame Vanier will be the patron of honour. Tickets may be obtained from Mrs. Ethel West, 110 Livingston Avenue, Pointe Claire, Que.

WHICH IS BEST

If you will be feeding your baby by bottle, find out from your doctor or your health centre what kind of cow's milk is best for your baby. Babies are adaptable and may thrive on any one of several formulas.

powdered whole milk, says the federal health department publication, *The Canadian Mother and Child*.

If you use fresh cow's milk, be sure it is pasteurized. If you have to use raw milk, you can pasteurize it at home. New germs may come in contact with the milk, however, which is why baby's formula must be sterilized when it is made.

Three common kinds of milk used to feed babies are: fresh cow's milk, canned evaporated (whole of half skimmed) and

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Examiner
Society News

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10 - The Westmount Examiner,

Thursday, September 12, 1968



(Photos By Posen Photo.)

Saturday Wedding

MISS DORINDA PATRICIA FYFE, daughter of Mr. and Mrs. James Francis Fyfe, and MR. JOHN DAVID BROW, son of Dr. and Mrs. George Raymond Brow, of Westmount, whose marriage has been arranged to take place on Saturday, September 14, in the Church of St. Monica.

Summertime driving and dining

Vermont's largest city

Burlington, Vermont's largest city is attractively located overlooking Lake Champlain. Although a manufacturing and trading centre, it provides pleasant recreational facilities in

abundance. Trips on the lake, visits to Battery Park, University of Vermont and the Fleming Museum all contribute to a pleasant stay. A few miles away is the home of the Shelburne Museum, a unique country museum, depicting early life in New England. Burlington has long been popular with Montrealers for both shopping and as a place to spend a relaxing week-end.

A restaurant popular with the local residents, but due to its location not too well known by the tourist, is The Old Board. This restaurant is situated on Shelburne Road (Highway No. 7) just north of the junction for Interstate 89, and is set well back from the highway adjacent to a shopping centre complex. This accounts for its being overlooked by many a visitor.

As the name implies, the exterior has been constructed to create the impression of having been made from old boards, however, once inside, that is something else again, the decor is such that it is conducive to relaxing dining.

We started our meal with a Fresh Shrimp Cocktail (\$1.25) and an Alaska King Crab Cocktail (\$1.50). Both were excellent with a very generous serving of crab meat. For our main dish we chose the Western Tenderloin (Filet Mignon) which was served with a mushroom sauce (\$4.95) and the Western Sirloin Steak (\$4.95). The Filet was ordered "medium" and the Sirloin "medium-rare"; both were cooked to perfection.

With the steaks we were served a baked potato, choice of vegetable and a tossed salad. For dessert there is a choice of Homemade Pies, Cheesecake with strawberries and Strawberry Shortcake.

MARK WEINER

Angelina Haute Couture

1441 CRESCENT ST. 932-1660

The Council for Exceptional Children, Quebec Chapter
under the patronage of Mme Pauline Vanier
invites you to attend

A FALL FASHION SHOW
Wednesday, September 25, 1968
at the Windsor Hotel
FASHIONS BY ANGELINA DI BELLO
Telephone: 932-1660
Dinner 8.00 p.m. Tickets \$10.00

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**NEW
SEASON
COIFFURE**

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hair stylists
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NEW HAIRDO
to suit your
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FOR APPOINTMENT,
PLEASE PHONE
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4891 Sherbrooke St. W.
(corner Prince Albert)

Karnak Ladies resume activities

Karnak Ladies' Club will begin its fall and winter activities Tuesday, Oct. 1.

Business meeting, 1.30 p.m. will be followed by a demonstra-

tion of wigs by Miss Saunders. Tea will be served, Mrs. Russell Brown presiding.

Guests are welcome.

VALUATIONS
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CHATEAU CHAMPLAIN**

Free Parking

Fashion show to aid exceptional children

The Westmount Examiner, - 11
Thursday, September 12, 1968

The Council for Exceptional children, Quebec Chapter, is sponsoring a fashion show at the Windsor Hotel, September 25 at 8 p.m.

lo will present her fall and winter collection. Madame Vanier will be patron

of honor. Proceeds will go to the council's scholarship fund and tickets may be obtained from

Mrs. Ethel West, 110 Livingstone Avenue, Pointe Claire. The Council for Exceptional Children seeks to improve educational opportunities for all exceptional children. These include the educable and trainable mentally retarded, the gift-

ed, the speech defective, deaf and hard of hearing, blind and partially sighted, orthopedically handicapped, and emotionally and socially handicapped. The Council, and international organization, is especially active in Canada.

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FOR EXCEPTIONAL CHILDREN

Making plans for a September 25 fashion show on behalf of the Council for Exceptional Children are, from left, Miss Christina Schmidt, Miss Louise Hourston and Miss Karen Holme. The CEC is an international organization of professional personnel and others whose purpose is to improve educational opportunities for all exceptional children, including both the gifted and retarded as well as the variously handicapped.

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APPETITE VARIES
Are you worried about your baby's eating habits? Remember that appetites vary from meal to meal, from day to day, and from food to food. A good rule is to let a meal run pleasantly for 15 to 20 minutes, then bring it to an end, whether the food is eaten or not.

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12 - The Westmount Examiner, Thursday, September 12, 1968

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115-BABY SITTERS WANTED

BABY sitter wanted, also for light duties. Snowdon area. Tuesdays, 3-10 p.m., Fridays 3-6 p.m., 3 school-aged children. Call 737-7779, after 6 p.m.

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106-WORK WANTED MALE

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115-BABY SITTER WANTED

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MOTHER'S helper wanted. Cheerful, willing. Live in. 3 children. Own room. References. Call 937-9813.

119-BABY SITTER AVAILABLE

WIDOW desires part-time work taking care of invalids or weekend baby-sitting. References. Call: 787-5652.

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FRENCH girl, 17, knowledge of English desires work like mother's helper or baby sitter, 9 to 5, Monday to Friday. \$40. Westmount area. 937-6579.

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122-FOR SALE Living Room Furniture

SOFA, 6 down cushions, custom made, 7 feet long, excellent condition, \$250.; mahogany base Ottoman, matching upholstery, 3 feet long, \$40. 932-6348, after 6.

124-FOR SALE Dining Room Furniture

ENGLISH Georgian Mahogany dining room set, table, set of 9 matched chairs, large sideboard. Reasonable. Call 671-7526.

DINING room set, 9 pieces, custom made (walnut), \$100. No dealers. 484-7745.

DINETTE set, 8 pieces, (French Provincial). Excellent condition. 681-4838.

126-ANTIQUES

Antiques

Fixtures, Limoges; Mirrors; Furniture; Silver. Come in and browse at La Vieille Boutique, 6020 Cote de Liesse, east of the Skyline Hotel.

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126-ANTIQUES

EXQUISITE Georgian mahogany credenza, \$200.; oak secretary-bookcase combination, \$140.; Victorian library table (carved roses), \$110.; walnut tea wagon, \$70. Seen to appreciate 43A Westminster Avenue, N., Montreal West.

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Large upholstered in tapestry, arm and leg carved. 486-7750.

127-FOR SALE Bedroom Furniture

THREE piece set, suitable child's room, desk, 3 drawer dresser, bed table, light wood finish. \$80. 932-6348, after 6.

GENUINE mahogany double bed by Hesper, box spring and mattress. Practically new. Reasonable. 487-3244.

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Health Hints for New Homemakers

During the numerous preparations for marriage, and later when starting the new household, brides should also give serious thought to their new role of safeguarding the health of the family, according to the Council on Family Health in Canada.

While it may not appear as romantic as choosing a trousseau or the home's decor, there is romance in planning to make the new home a healthy and safe place in which to live and to keep it that way.

The Council, established by members of the drug industry as a public service to help homemakers become more knowledgeable about family health and home safety, has a number of specific suggestions to offer.

Choose family doctor
Select a family physician - don't put it off. If you and your new husband do not already have a physician, whose services you wish to continue, or if you are relocating, consult with the local medical society or local hospitals. Choose a doctor whose office is reasonably near your home, and one with whom you and your husband feel comfortable. Let him get to know your own and your husband's health status when you are feeling well, so that he may help you stay that way.

Keep your physician's phone number near the telephone, together with others you may need in an emergency: the nearest pharmacist, the fire and police departments and the local hospital. You might write these numbers on a white card and attach it to the telephone.

Observe safety rules for medicines

The observance of simple safety rules for the storage, care and use of medicines should take precedence over meal planning and housecleaning. Following are some rules for every homemaker: 1. Plan the contents of your medicine chest. If possible, keep medicines and toiletries in separate cabinets. If they must be kept in one cabinet, store medicines on the upper shelves and toiletries on lower shelves. 2. Divide the medicine section into two parts, one for medicines that are to be taken internally, such as tablets, and the other for those medicines that are applied externally to the surface of the body, such as ointments or salves. 3. Check the contents of the cabinet periodically. Discard medicines with damaged or unreadable labels or any that appear discolored or old. Flush discarded medicines down the toilet. If you have any doubt about discarding a medicine consult your physician. 4. Just as the physician and pharmacist have their responsibilities in respect to medicines, the use of medicinal preparations involves responsibility on the part of the user. 5. As the guardian of the family health, it is your responsibility to read the label at least three times when taking or giving medicines to a member of your family. Just as the hospital nurse is trained, you should read the label when the medicine is on the shelf, again when it is in your hand, and finally when you restore it to its proper place in the medicine cabinet.

Keep records

Ask your physician about forms for keeping immunization records for you and your husband. These will tell you at a glance which immunizations you have, the ones you should get, and when you require booster shots. Keep the records in a safe place where both of you can get them when needed.

Familiarize yourself with the basics of home nursing. At some time during your marriage you will have to be the Florence Nightingale of your home, and you can be a more efficient and cheerful home nurse if you know in advance what to do and how to do it. There are many books on home nursing available.

As soon as possible after moving into your new home, make a hazard hunt for possible causes of accidents. Check situations which may cause falls, burns, cuts or injuries, and eliminate them immediately.

The time to plan for a healthy and safe family life, says the Council on Family Health in Canada, is when you get into your new home.

Pork consumers

Who eats the most pork? Denmark leads with a per capita consumption (1966) of 79 lbs. Austria was second with 76 lbs., followed by West Germany, 73 lbs., France, 66 lbs., Hungary, 65 lbs., and Great Britain, 62 lbs. Canada ranked fourteenth.

158-DOMESTIC PETS

GOLDEN retriever puppies, 8 weeks old. Champion sired, male, \$125, female \$100. Pedigree and inoculations included. 484-1923.

SEMI Persian kittens, 6 weeks old. House trained. Give away to good home. 482-6180.

BLACK POODLES, Pedigree, trained and puppy shots. \$65. Call after 3.30. 747-6436.

DOG, Chihuahua 7 months old. Black \$75. Call 744-2139.

BEAUTIFUL Siamese kittens, blue-point pedigree, 6 months. \$50. 738-3006.

163-EDUCATIONAL

FRENCH tutoring, dictation, grammar, conversation. Evenings 937-6579, between 7 and 9.

EXPERIENCED graduate teacher will give private lessons and coaching in French conversation, grammar. Elementary, High School. Adults. Call 933-9033 10 a.m. to 7 p.m.

3RD YEAR McGill Math major will tutor all High School Maths. Call Peter, 486-2457.

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"Speaking of watchdogs, the owner of that one hasn't taken his eyes off us."

138-FOR SALE GENERAL

DRAPES (living room), deep rose, 96 inches long, end tables. Perfect condition. 484-5366.

Must Sell

Cocktail tea-wagon; Duncan Phyfe dining room set (mahogany); Saroukhan rug 9x12; Sheraton tables, etc. Regent 7-6725

H.O. ELECTRIC trains, 17 locomotives, 93 rolling cars, buildings, equipment, tracks and switches, accessories. \$1,000. Adults only. Call 733-6292, after 7 p.m.

CHEST freezer, 26 cubic feet (deep Freeze), cost \$500, sell for \$75. Call 488-5986.

DROP leaf table; desk; couch; doll's carriage. Reasonable. 484-3719.

LARGE mirror 100 years old; small bureau; tables; odds and ends. Reasonable. Call 489-6957.

WESTINGHOUSE electric stove; Frigidaire dishwasher; living room drapes. Reasonable. 487-4903.

CHESTERFIELD and chair, (Barrymore, French Provincial), like new. No dealers. 733-3619.

FURNITURE FROM A HOUSE: Spanish chesterfield and chair, only 3 months old with matching Spanish tables and lamps; beautiful Spanish bedroom suite consisting of 5 pieces; 7 piece Spanish kitchen set; stereo; 9 piece French Provincial dining room suite; pair of Spanish marble tables; paintings; lamps; etc. Furniture like new. 739-8870.

ARBORITE desk bureau; small bureau; headboards; sofa converts into bed; round kitchen table, 36 inch, 4 orange leather chairs; Simplex ironer. Good condition. Reasonable. Call: 747-4472 after 4 p.m.

TAPPAN gas heat and cook stove, 36 inch. Thor Mangle ironer; Tecoway wringer washing machine. Call after 7, 484-2347.

WROUGHT iron glass top table, 4 feet x 2 feet 6. 4 chairs to match, finished in white, suitable terrace or breakfast set. 932-6348, after 6.

DRAPES, living, dining rooms, beige antique Jacquard satin. Reasonable. Call 482-5172.

CHAISE lounge, sectional bookcases; Portable T.V. Fireplace equipment. 866-9958.

EXERCISEMASTER, electric and manual. Perfect condition. Reasonable. Call: 488-2132, evenings.

BRASS and wrought iron fire place tools. \$20.; fire dogs, \$20. 932-6348, after 6.

INGLIS gas dryer, less than 2 years old. Excellent condition. Reasonable. Call 482-6271.

DISHWASHER, 1961, R.C.A. Whirlpool, under counter model. Excellent working condition. \$180. 932-6348, after 6.

Broadloom

3 rooms, 300 sq. ft. wall-to-wall. \$75. Call 738-4242.

151-WANTED TO PURCHASE

WANTED, snow shoes, adult pair. Write to: Mr. Lang, 25 Garden Road, Montreal 29, Que.

WANTED: 2 LADY'S suede jackets, size 10 and 12; Walnut buffet and hutch. Reasonable. 671-4187.

Freezer Wanted

Large upright, 20-24 cubic feet. Call between 9 to 5 p.m. 489-7586.

Wanted to Purchase

Refrigerator; Automatic washer and dryer. Good condition. Up to three years old. At reasonable price. Call after 4 p.m. 733-3387.

WANTED, small snow blower. Good condition. Reasonable. Call 488-6268.

WANTED white and gold sectional bedroom set. Good condition. Reasonable. Call 748-8986.

130-FOR SALE Kitchen Equipment

ELECTRIC stove, 25 inch, automatic, rotisserie, 1 year old, \$100.; Viking frigidaire, 13 cubic feet, automatic defrost with large freezing compartment, 1 1/2 years old. \$150. 486-6509.

TAPPAN Gurney counter top electric stove. Phone after 5 p.m. 334-5280.

KITCHEN set, red arborite top, matching chairs. \$25. Call 747-6672, evenings.

FRIGIDAIRE, good condition. Reasonable. Call 482-5172.

G.E. ELECTRIC frying pan; electric Featherweight iron; G.E. large size electric kettle. All items never used. Reasonable. Call 933-3455.

132-FOR SALE Musical Instruments

Apartment Piano

2 years old with bench. Excellent condition. \$600. 484-5675.

STEINWAY, 6 foot, 20 years. Excellent condition. \$3,000. Call 932-5683 evenings.

Saxophone

Oxford Tenor. Excellent condition. \$125 case included. 486-1956.

HOUSE organ (Thomas) bought at Simpsons. Paid \$720. Sell for \$450. Call 744-4877.

PIANO: Morris, upright, good condition \$125. Call Hunter 1-7522.

MASON-RISCH baby upright piano, \$575. Call Regent 1-4350.

UPRIGHT piano, mahogany with bench. Good condition. Reasonable. Call 484-8754.

134-FOR SALE Sports Equipment

BOY'S bicycle, 24 inch (Mustang). \$35. Call 486-1956.

136-FOR SALE CLOTHING and FURS

S.O.S. LADIES

There is MONEY in your closets if cluttered with imports or original models in perfect condition. Sell them through:

138-FOR SALE GENERAL

Oriental Rugs

Beautiful oriental carpets, 9x12, 6x9, 8x10, also runners at very low prices. Call 744-2167.

CONTENTS FROM A NICE HOME

Custom built French Provincial chesterfield and chair with a matching set of Fruitwood tables and imported glass lamps; 9 piece Provincial dining room suite, exclusive 5 piece Spanish bedroom suite, stereo, 6 feet long; pair marble tables; 7 piece kitchen set with highback chairs; 5 original oil paintings; odd lamps; single chairs; T.V. appliances; plates; and other household articles. Furniture less than 5 months old. Must sell immediately. 270-3077.

Contents of Beautifully Furnished Home

French Provincial living room; 4 seater chesterfield, matching coffee and end tables; crystal lamps; odd chairs; mirror; oil paintings; figurines; French Provincial and Italian bedroom suite; Spanish dining room suite; Colonial recreation room furniture; 5 foot stereo; portable T.V. kitchen suite; automatic washer; refrigerator; electric stove; desk; etc. All items less than one year old. Call 631-8633.

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WESTMOUNT EXAMINER

Something-for-everybody program starts next week

Now that the excitement of the summer holidays is over for another year and the youngsters are back to their studies, Unity Boys' and Girls' Club of Westmount and St. Henri is making plans for the forthcoming 1968-69 program year.

From Sept. 3 and continuing until Sept. 14, Club Headquarters at 1090 Greene Ave. will remain open every afternoon and evening for registration purposes. It is understood, however, that former club members who wish to renew their mem-

berships or new members may join any time during the 1968-69 season. Only members with their new membership cards will be

permitted to participate in the program, starting Sept. 16. The "open door" policy which is so characteristic of all Boys' Clubs throughout the nation still

prevails at Unity; the "open door" policy is the keynote of the entire Club's function. Any boy or girl, from six years of age to 14 years, regardless of race, creed or color, is made welcome at the Club.

Unity's full-time staff - composed of this columnist as director, boys' worker, Buddy Constantine and girls' worker, Wendy Jollie, are on hand at all times to serve the needs of the boys and girls in the community.

The program planned for the new season will be varied and will suit the inclination of each and every individual member. Sports, Arts and Crafts, Special Events, and social activities are

on the program agenda for 1968-69. The Club is appealing to the citizens of Westmount and St. Henri to offer their services if they have a few hours per week to spare. Anyone interested in volunteering his or her services is asked to get in touch with the club director, Mr. Viau, at 932-5506 or apply at the club, 1090 Greene Ave.

The fall time schedule is now in effect. The Club is open in the after-school and evening hours, 3 p.m. to 5 p.m. and from 6 p.m. to 9 p.m. The Club is also open all day Saturday from 9 a.m. to noon and from 1.30 p.m. to 4.30 p.m.

'It's a killer' but Bob likes unique DJ show

Listening to a raving disc jockey probably gives you the idea that there's all sorts of records flying around, the DJ is pulling his hair out, the music is crashing all about the studio and the whole studio goes mad, mad, mad.

Well, you're right, and if you haven't yet seen this organized confusion come alive, you - on television, over Cable TV's Channel 9.

Hearing a swinging DJ over radio is one thing, but actually viewing same in action on television is another. For instance, there is that very essential element of identification. You see who's spinning the records, and how he does it.

Hosting Channel 9's daily bash, (from 4 to 5 p.m.) is Bob Nelson, 22, who claims he's the only DJ on television in all North America. So proud and certain he is of this claim that he's offering 50 albums to anyone who can prove otherwise.

MANAGER

Bob has been with Channel 9 for three years as station manager and program director for all of that channel's shows.

"I could go another 25 years," he said "I love it and would even consider a longer show, except it's a killer."

Watching the "killer" in action during his show last Monday was proof enough that an hour is long enough for the strongest.

From the traditional "Stand by! Ready! Let's go!" call to the flashing lights indicating phone calls for requests coming in on the dot of 4 p.m. Bob Nelson, who off-camera appears rather quiet and stoic, becomes anything but.

For 45 minutes (sans commercials) he rips through a jumble of words with his DJ voice a good few pitches higher than his normal speaking tone.

For the last 15 minutes he is transformed. Sol Mintz takes the reins from Bob and goes on as the "hippy-dippy DJ." And for Sol it's traumatic.

The first move he makes, much to the digs from Bob, is to lower the volume in the studio (he hates noise) to nothing more than the scratchy sound of the needle on the turntable.

SLOW

His movements are slow - he answers the phone and talks to his caller until Bob gives him the sign that there are, after all, other callers. In deference to the "hippy-dippy DJ" no requests for records are made from the teens who call in.

"He could never handle it," ribs Bob, grinning from ear-to-ear. "He can barely get through the weather forecast and the time."

Sol proves it - muffing his lines, removing his glasses for a squint at the forecast sheet, making an attempt to answer another call and forcing Bob to repeat the time.

Last Monday, a slow day for Bob usually, he answered 60 calls in one show. But, as the week moves on he admits he's had as many as 125 calls on one show.

In a recent survey, Bob discovered he had 3,000 signatures from Montreal area teens who watched his how and requested a lengthier version.

The wind-up of the show, for his youthful viewers is perhaps the highlight and at the same time - disappointment.

The hour's over when sidekick Sol leers into the camera: "If you did enjoy the show, do tell your friends, but, if you didn't... tell me!!!"

UNITY BOYS' and GIRLS' CLUB NEWS

By RAY VIAU

permitted to participate in the program, starting Sept. 16.

The "open door" policy which is so characteristic of all Boys' Clubs throughout the nation still

Contest No. 2 bikes awarded

Westmount has yet to have a winner in Elmer's Summer Safety Contest. Winners of the two bicycles in contest Number 2 are Sherry Kristian of 640 Ewen Avenue, New Westminster, B.C., and David Kryzanowski, Box 925, Tisdale, Sask.

There was only one Quebec resident among the 20 second prize Flyte Accessory Kit winners, Julie Prescott of 91 Tremoy Rd., Noranda.

The contest is a national one, with participating weekly and daily newspapers from coast to coast, including the Westmount Examiner.




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\$5.50

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Friendship Club re-opens Oct. 2

Former members of the Westmount Friendship Club are invited to attend the re-opening of the club Wednesday, October 2. All senior citizens of Westmount are welcome for membership registration in the lower Victoria Hall, from noon to 3 p.m.

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City's touch Football play begins

The Termite League, touch football, of the Westmount recreation department begins play Friday, September 13, with the Leopards, Gophers and Falcons on the field at 3:45.

Each Friday thereafter, through October 25, all teams will be on deck at 3:45 p.m. All games will be played on the touch football field, located opposite the municipal swimming pool.

MOSQUITO LEAGUE

The Tigers, Rough Riders, Alouettes and Argos in the Westmount recreation department's Mosquito League touch football begin play today at 3:45 p.m.

Each Tuesday and Thursday until October 24 all teams will play, beginning at 3:45 p.m.

As in the Termite League,

MENTAL HEALTH

Mental health isn't a case of "either you have it or haven't". Just as physical health can be improved or become run down, so too with mental health. That is the encouraging thing about it and the one which seems to be the most misunderstood, says the federal health department publication, "Mental Health".

A weak or sickly individual can build better physical health. Similarly, most people can do something about strengthening their own and their children's mental health.

Regular adequate meals, eight hours of sleep, fresh air and exercise is time-tried advice for general health. It applies to mental health too. Such things as overwork and not enough recreation won't necessarily make you mentally ill but they can adversely affect your mental health. Family life, social activities and the church should play their important roles, each in reasonable proportion.

Through balanced living, you can keep an emotional equilibrium and be able to "get along", facing up to the problems of everyday living, making decisions and accepting responsibilities.

If your mental health does become poor, there are qualified people ready to help. Mental illness of the more serious kind seldom strikes without warning. Like other sicknesses, mental illness is more easily cured in its early stages and gets worse when neglected.

Just as you naturally turn to your family doctor for "physical ills", you should also see him when you feel your mental or emotional health is suffering. He will advise you and, if he feels it necessary, tell you where to get more help. Many communities are supplying special services for this purpose. Their aim is prevention of serious mental illness.

The mental health clinic treats mild and early mental health problems. Here you'll find a team of sympathetic and understanding experts who are specialists in mental illness, including a psychiatrist, psychologist and social worker. If it is for children only, it will be called a child guidance clinic. Some provinces have travelling clinics to bring this service to smaller towns and outlying areas.

Many general hospitals are now equipped with an out-patient psychiatric clinic for the prevention and treatment of mental and nervous disorders. Some supply in-patient psychiatric ward care to persons not ill enough to need mental hospital treatment.

games will be played on the touch football field opposite the municipal swimming pool.

Recreation Director John Gar-

land has urgently requested that any team member unable to attend a game should telephone him at 932-4293.



Caribbean Party

The Montreal Soldiers' Wives' League is holding a "Caribbean Party" September 14, from 4 to 7 p.m. Among the many interesting prizes will be a trip for two to the Jabberwock Beach Club in Antigua via Air Canada, and an all expense weekend at "La Reserve". Further information may be obtained from Mrs. Emile Cote, 481-8068. Shown, from left, are Mrs. James Lowe, Chairman of the Caribbean Party; Mrs. B. N. Malott, president of the League; Mrs. Ian C. Morgan of Holton Avenue, Westmount, past president of MSWL; and Mrs. Joel Wolfe, vice president and co-chairman of the Caribbean Party.

City of Westmount

RECREATION DEPARTMENT

8-man Tackle Football League

League standing as at Tuesday a.m., September 10, 1968.

LEAGUE	P	W	L	D	F	A	Pts.
MULES	1	1	0	0	51	0	2
BRONCS	1	1	0	0	25	20	2
HUSKIES	1	0	1	0	20	25	0
BULLS	1	0	1	0	0	51	0

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FALL JUDO COURSES

Judo has been attracting a large following in Quebec with over 5,000 active members. It is an art which does not depend on sheer strength but on relaxation, speed, agility and the ability to become totally involved.

For a fascinating and rewarding experience try the course which suits you.

YOUTH COURSES

Classes are divided by ages into 2 groups - 6 to 12 year olds and 12 to 17 year olds. Courses commence week of September 16th and run for 12 weeks.

JUNIORS 6 to 12 years. Boys and Girls.
Tuesdays 6 to 7.30 p.m.

MEMBERS \$12.00
NON-MEMBERS \$15.00

Intermediate
12 to 17 years.

Boys and Girls.
Thursdays 7 to 8 p.m.

MEMBERS \$12.00
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INSTRUCTOR

We are fortunate in obtaining one of the most qualified instructors in Canada.

SENIOR COURSES

FOR MEN AND WOMEN

Men and women over 17 years of age. A 12-week course commencing week of September 23rd.

MEMBERS \$20.00
Non-members \$25.00

Mr. Hiroshi Nakamura: Newly arrived from Japan where he was University Champion and rated one of the top 10 in the world. Holds a 5th DAN Black Belt.

FOR ADDITIONAL INFORMATION CALL THE WESTMOUNT Y 937-3916

Apartment house will offer 'new lease on life'

An apartment residence uniquely planned for the retired will open next month in a quiet section of Snowdon, on the west

Experience, research led to concept

Research, accumulated experience and consultation with specialists in geriatrics and social work such as staff members of the Senior Citizens' Forum went into the development of the Décarie Manor concept, according to the man entrusted with its implementation.

Leonard D. Cordes, C.A., is a full-time practitioner in the field of geriatrics and has accumulated a rich background of experience as administrator of the Hasle Nursing Home and the Lockhart Residence, both located at Montreal. He is a member of the American College of Nursing Home Administrators, the National Geriatrics Society and the Canadian Nursing Home Association.

Décarie Manor is owned and operated by Kildare Properties Limited, of which Charles Pollock is president, and Mr. Cordes is secretary-treasurer.

Dumb heroes . . .

(Continued from page 5)

Although these are outstanding cases and improvement, if any, is always slow, group leaders claim they provide a great moral and physical boost to the disabled; and that the satisfaction is contagious to instructors and helpers.

Parents and schoolteachers tell instructors that little Johnny is more agreeable and obedient at home, or able to concentrate better at school, since taking up riding.

Most riders are spastics. Other accepted disabilities are poliomyelitis, spina bifida, thoracic meningocele, amyotonia congenita, congenital dislocation of hip (bilateral, unilateral), inbowing of legs, asthma, oxycephaly and syndactyly, mentally retarded, deafness, mongolism, post encephalitis, and amputees. Cases are accepted only with parents' and doctors' permission.

Is this treatment new? No. Many eminent medical writers -- Aesculapius, Galen, Hoffman, Sydenham, Quellmaz (1735), Boerhaave (1776) and others -- have prescribed ass and horse riding for various diseases and neurological paralysis. The first systematic study of horse-riding as treatment was made by Chassigne in Paris in 1875- he reported striking improvement physically and in morale.

TWO WOMEN

Despite such favorable medical history, the movement of riding for the disabled, now flourishing here and elsewhere, is not due to medical men. It is due to two women, one Dane and one Norwegian, and neither a doctor.

Indeed it was against doctors' advice that Mrs. Liz Hartnell, severely crippled by polio, resumed riding and persevered. One morning she was lifted, as usual, from her wheelchair to her horse, "Jubilee," and performed such as to win a silver medal for dressage at the Olympic Games in Helsinki in 1952. She repeated this success at Rome in 1960. She is the Dan.

side of Décarie Boulevard at Bourret Avenue.

Décarie Manor, a 10-storey tower built in 1966, is now undergoing a complete renovation of layout and facilities in order to serve the needs of the elderly and to help them lead more active lives, while preserving the privacy and dignity normally associated with life in a private home.

"Too often, an apartment means a remote, impersonal way of life for older people, depriving them of the companionship of their fellow human beings," says Leonard D. Cordes, administrator of the Manor and a specialist in geriatrics. "At Décarie Manor, they will find the dignity

of privacy, yet will not feel isolated. Our basic attitude is that we will care about them, as well as for them."

Twenty-four hours a day security; an occupational and recreational program under a full-time co-ordinator; dining room service allowing for special diets when required; and free weekly maid and linen service were some of the conveniences highlighted by Mr. Cordes.

He said that many units would be ready for occupancy on October 1st.

A wide selection of planned units is offered, Mr. Cordes said, ranging from bachelor-type apartments to 2 and 3-bedroom apartment suites appropriate for

single, double or multiple occupancy. All apartments are equipped with complete bathroom and kitchenette, and are available furnished or unfurnished.

Units are offered in a range of rentals for people in all income brackets. Décarie Manor recognizes the need for flexibility in making leasing arrangements with elderly people and their families, and leases will be drawn up accordingly, Mr. Cordes said.

In addition to the dining room, other public areas will include lounges equipped with TV and for games, handicrafts and social functions. There is also a swimming pool, sauna baths and

a roof-top sun deck for the use of residents and their guests.

The apartment building is easily accessible to downtown Montreal by car or bus. There are many shops, parks, houses of worship, cinemas and restaurants nearby.

DIRTY DIAMOND?

How to clean a girl's best friend-diamonds, for course! Fill a cup with hot water, add a half-cup baby shampoo and a dash of ammonia. Using an eyebrow brush and a cotton swab, gently rub clean. Silver can be cleaned the same way before shining with a good silver polish.

Betty Shaw was looking for a quiet, modest investment opportunity.

How'd she get in the steel business?



The day Betty Shaw walked into National Trust with some money to invest, she really didn't expect too much to come of it. She'd never heard of Natrusco. She soon learned how even a limited investment in the Natrusco Common Share Fund could grow steadily through diversification and professional management. She also learned that Natrusco dividends could get her someplace. Last year it was Acapulco.

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