

Quebec Home and School

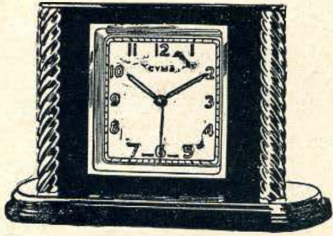
PUBLISHED MONTHLY BY

THE QUEBEC FEDERATION OF HOME AND SCHOOL ASSOCIATIONS

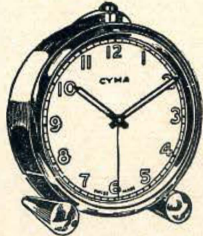
The Noon Hour Club of Junior Red Cross members of Alexandra School, Montreal, organized and presented a very successful program in their school auditorium.

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November, 1950

JUNIOR RED CROSS MEMBERS

Our Citizens Today and Tomorrow

MISS E. LORRAINE HOW, *Director, Quebec Junior Red Cross*

"No, thank you, Granny," replied Billy, "I would rather have some milk. You see, I'm a member of the Junior Red Cross now," and he proudly stuck out his chest on which gleamed his small badge of Red Cross, maple leaf and coloured background. It was still September and Billy had only recently started school, but already he was fired with the desire to actively participate in the Junior Red Cross health program. Surprise, and maybe the odd smile, crossed the family's faces, gathered for their usual Sunday afternoon tea party at Granny's. After the grown-ups had been served, Billy had always received his tea—the cambric variety. What was this new project which already demanded courage and self-denial on the part of their pride and joy? It really was worth looking into.

In this Province alone, there are over 60,000 youngsters, much like Billy, who each year give their word or sign a pledge for Health, Service and International Friendliness — the threefold program of Junior Red Cross. Its members are amongst the school children in the ten Canadian Provinces and in fifty-five other countries, totalling over 38 million members.

Junior Red Cross came into being after World War I. Too many persons had been turned down as unfit for service. Amounts, too large, were being spent on remedial and not preventive treatment. A personal responsibility for one's health had to be encouraged and maintained. How better could this be done then by instilling such ideas into the very young!

With the whole-hearted endorsement and support of the Quebec Department of Education, Protestant Panel, thereby permitting twenty minutes weekly in school time in Elementary grades for the conducting of Branch meetings in each class, and with the loyal and capable guidance of principals and teacher-directors, Junior Red Cross today is a sound, flourishing project, known to thousands for its health-giving and relief services.

To a Junior lad or lass it is a proud moment when elected to be a Junior Red Cross officer by his or her classmates. Meetings, with parliamentary procedure, are carried on with often little concern by very narrow shoulders. In a Grade 4 Branch it was interesting to hear the Health Con-venor give his report:—"31 out of 32

Juniors had eaten porridge and drunk milk for breakfast during the past week". Often a major juvenile tragedy has been averted by supplying Kleenex if a handkerchief has been lost en route to school—for the Sneeze and Sniff Policeman does check to see if such is on hand. Badges, Posters, Health Rule cards, etc. also help promote these Junior Health responsibilities.

More grown-up activities are taken on by our "Highers". Health classes will give courses such as "Health in the Home and Community" and "First Aid". Community health problems such as milk pasteurization, nutrition, prevalence of colds, flies or dental caries are tackled and surmounted

the large number of underweight Juniors who had to eat a package lunch and were unable to have proper refuelling at lunch-time, owing to consolidation of courses and schools necessitating bus travel. It has been proved that increased weight, added mental alertness and better social habits result from the operation of a school cafeteria, when a full-course, hot, nutritious meal can be offered to the children at a reasonable charge. Since 1946, Quebec Junior Red Cross has donated \$14,000.00, \$2,000.00 in 1949, to the nine School Boards of Asbestos, Danville, Cowansville, Knowlton, Ormstown, Scotstown, Rosemount and Strathearn High in Montreal and Chambly



Howick High School's Cafeteria. The Juniors serve the full course hot lunch. Junior Red Cross donated \$1,500 towards the equipment.

with the keen, active approach that our teen-agers demonstrate today. Early in 1948, Bury Juniors took a survey of dental caries amongst their fellow students. Very astonished they were to find that a high percentage had imperfect teeth. Arrangements were made with Junior Red Cross Headquarters who equipped and staffed a dental clinic, sent there later for a month. Meantime, the Juniors raised funds, parents, friends and local organizations donated also and the clinic was able to completely treat 118 children whose fillings ranged in number from one to twenty-two. Last year the clinic was extended to Bury, Cookshire, Sawyerville and Scotstown in Compton County and cared for 323 children from all surrounding areas.

Surveys by Highers on nutrition have led to both city and country high schools notifying Junior Red Cross Headquarters of

County High, St. Lambert, to assist financially in the equipping of school cafeteria which are now operating with very satisfactory results. Howick High recently opened its lunchroom and Lachute High will do so shortly—both School Boards to receive financial assistance from Junior Red Cross. Last December, offers ranging to \$1,500.00 each, depending on size and need, were made to the School Boards of Ayer's Cliff, Granby, Hudson, North Hatley, Richmond, Waterloo and Val d'Or, where it is hoped it will be possible to open school cafeteria, serving a full course nutritious noon meal. Apart from the necessary construction and equipment of such lunchrooms, many additions are added to make it a cheery spot. Murals have been painted, curtains have been stitched and many jobs have been carried out in wood-

(Continued on page 5)

THE PRESIDENT'S MESSAGE

MORE about JOINING the FEDERATION

In the October issue, I introduced and partly answered the question 'Why join the Federation?' I shall now complete the answer with the sincere hope that the reading of these two messages will give our general membership a better understanding of the benefits obtained and the obligations assumed by an Association on joining the Quebec Federation.

Council of Representatives

The Annual Conference and periodic meetings of the Council of Representatives give member Associations an opportunity to exchange views, gain new information and make decisions for collective action on a provincial and national level.

Such participation broadens an Association's thinking and opens up channels for future improvement. All of these advantages would be lost to an Association if there were no opportunity for sharing the greater fellowship of the Federation.

Other Provincial Organizations

In order that Associations may be able to carry out successfully certain projects in child welfare work, it is necessary to obtain the co-operation of provincial bodies or large organizations within the Montreal area. The Federation is able to secure such co-operation through its liaison officer with the P.A.P.T., the Provincial Association of Protestant School Boards, the Protestant Committee of the Council of Education and the Montreal Protestant Central School Board.

The establishment of a uniform procedure for Associations sponsoring dance classes for school children in schools under the jurisdiction of the M.P.C.S.B. was an excellent example of the Federation working through a liaison officer with a large educational organization.

Organization

The responsibility of organization rests upon the Federation. This is indeed a service which needs centralized administration. In the two provinces without Federations the growth of Home and School has been weak and divided.



DR. E. C. POWELL

The Corresponding Secretary of the Federation will send an organization kit to any group of parents within a definite school community who have expressed their interest in the formation of a Home and School Association. Furthermore, the organizing Vice-President will provide an organizer to assist them with the Organization Meeting,

and will supervise the work of the Executive of their Association for a period of three months.

When five or more Associations within a given geographical area of the province feel the need of a Regional Council, a Vice-President of the Federation will help them organize one. Since each Council is represented on the Board of Directors, Councils share with the elected officers and members of the Board the responsibility of the Federation's administration. Plans are now being formulated for dividing the province into districts or zones which will have chairmen who will service for the Federation those Associations which do not belong to Councils.

Obligations

When an Association joins the Federation, it agrees to support it financially. It expresses its annual approval to the affiliation fee at the time of the Conference. Only ten cents of the present fifteen cent membership fee go to operate the Federation—the remaining five cents being passed on to the Canadian Federation. With such a financial

base the Federation is only able to support a semi-permanent office and a part-time paid Secretary. Most of the provinces of Canada now have a fee of twenty cents per member.

Representatives do not discharge their responsibility until they have brought back a report of each meeting of the Council of Representatives and presented it to the membership at each subsequent general meeting of their Association.

The Presidents and Corresponding Secretaries fulfil their duty when they keep the members of their Executives fully conversant with all the many information releases from the different offices and committees

of the Quebec Federation.

In turn each affiliated Association is entitled to due consideration from the Federation in solving any local problem that needs support from the whole Home and School membership.

The Federation can only exist as an important educational force in our democratic society as long as each Association supports fully the measures which it undertakes for the improvement of conditions affecting education and child welfare in any or all areas of Quebec.

EDWARD C. POWELL,
President.

* * *

HOME AND SCHOOL ASSOCIATIONS IN QUEBEC AFFILIATED WITH THE FEDERATION

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Drummond
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MacVicar — Sara Maxwell
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Montreal Hebrew Academy
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Montreal West High
Mount Royal High
Outremont
Queen's
Riverview
Rosedale
Roslyn
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St. George's
St. Laurent
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University District
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Ville St. Pierre
West Hill
Westmount High
Willingdon
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Chelsea

Cookshire
Cowansville
Drummondville
Farnham
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Greenfield Park
Howick
Hudson
Hull
Lennoxville & Ascot
Longueuil & Montreal South
Macdonald
Magog & District
Malartic
Maniwaki
McMasterville
Noranda
North Hatley
Perron
Pointe Claire
Quebec City & District
Rosemere District
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(Continued from Page 2)

working classes. In the operating of the cafeteria, Junior Red Cross members assist superbly in the daily chores, reckoning the number of meals to be served, operating cash registers, checking washing of hands, setting up benches and tables and even clearing and washing dishes when necessary. In Ormstown, senior Highers take turns daily in sitting at tables for tinies, to supervise their eating habits. However, the most successful operation is found when the school lunchroom has become a community project. So often we hear of adult groups such as Home and School Associations, Women's Institutes, Adult Red Cross Branches and other local organizations who give voluntarily of time and assistance at the serving of the noon meal. Very often, too, we are told of the money raising schemes, donations of food, vegetables and funds to keep the daily charge to each child as low as possible and still finance necessary small improvements. School Boards in some areas have found it necessary to supplement the daily charge, as food costs have risen. Let us not forget to mention the principals, household science teachers and school nurses, where available, and teacher-directors of Junior Red Cross, who plan the menus, purchase the food and assist so generously at all times. Junior Red Cross is truly proud of the co-operation and assistance given by young and old alike for the successful operation of such health-giving services as these school cafeterias.

But what of the less fortunate Junior who cannot see the blackboard, who continually has colds, or requires other medical treatment which the parents are unable to finance? Junior Red Cross members are asked to report such cases to Provincial



Orthopaedic case financed by the Junior Red Cross of Quebec.

Headquarters. These are investigated and arrangements for the necessary treatment are made by Junior Red Cross who will also pay all reduced costs if no other financial help is available. Only such cases as mental retardation, epilepsy and pulmonary tuberculosis are not financed, but Junior Red Cross will make arrangements for a full diagnosis and assist in securing Government aid for these cases. Many a child today is walking unaided by crutches as a result of long orthopaedic treatment or the provision of an artificial limb. Sheila, who lost her leg as a result of a bus accident, Melvin who lost his leg in a mowing machine accident are only two such cases who today are walking and carrying on

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normally, thanks to Junior Red Cross help. Josseline had her double cataracts removed, Leopold has his club feet straightened, Nelson had his hare lip repaired, Shirley had her cleft palate closed, Bonnie is walking with a straight spine, Zita is hearing sounds she never heard before, thanks to her hearing-aid . . . all these and many others, totalling 241 children were cared for by Junior Red Cross in 1949. 600 city children received dental care financed by Junior Red Cross, 1,172 patient visits by post-operative cleft palate and hard of hearing cases, stutterers and spastics were made to the six weekly Junior Red Cross Speech Therapy Clinics, held at the Out-patient Department of the Children's Memorial Hospital and staffed by two speech pathologists.

Physiotherapy is so necessary today for the complete re-education of damaged muscles. The after-effects of Polio particularly may require extensive care. Therefore since 1947 Junior Red Cross has financed the services of an additional physiotherapist at the Children's Memorial Hospital, to speed the rehabilitation of damaged muscles.

Each year in March, radio broadcasts, newspaper publicity, posters, pamphlets and campaign workers remind grown-ups of the many and varied services of the Red Cross—and people dig deeply into pockets and purses to maintain these services. To many it is unknown that only a very small part of Red Cross Campaign funds are used to maintain Junior Red Cross Headquarters. All health-giving services and relief services of Junior Red Cross are the result of self-denials, penny savings and fund-raising activities carried out by the Juniors. Going without a lollipop, tending

the fires, sweeping the walk, baby sitting, carol singing, candy and cake sales, concerts, miles of pennies, film shows, dances and amateur reviews all give one result—a fund whereby less fortunate young folk may receive help to regain or maintain their health. Never could these Juniors' donations accomplish such extensive services without the kind and co-operative assistance of doctors, hospitals, opticians, artificial appliance firms, railways and steamship companies. Doctors rarely submit an account for cases recommended to them by Junior Red Cross, and hospitals and other organizations continually offer very reduced rates. The Junior Red Cross funds, raised throughout the whole year, are being continually received and almost as quickly used to provide extensive health-giving services far in excess of the amounts charged.

In order to provide the above-mentioned care of hospitalization, physiotherapy, speech therapy, dental clinics and sundry accounts such as artificial appliances, glasses, travelling expenses, etc., even at reduced rates during the past year, it has cost Quebec Juniors \$16,410.94. However, the Juniors did not limit their voluntary donations to just this figure, for when school closed in June, 1949, and Junior Red Cross membership in Quebec totalled 60,949, the large amount of \$30,312.30, of which \$8,825.52 were profits from calendar sales, was the total raised during the school year 1948-49!

A Junior Red Cross member does not cease action when healthy himself and health-giving services in his own community and Province have been provided. Juniors consider also the health of those across the seas. A helping hand must be extended to those who have seen war and disaster. Early in World War II, Canadian

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Juniors from every province in our big Dominion, showed their willingness and responsibility to set aside funds to build up the National Junior Red Cross Service Fund. Recent figures show that over \$800,000.00 from these funds have been used to supply ambulances and canteens for use during the war and later, relief supplies such as food, clothing, medical and school supplies for children in thirteen war-torn countries. Only recently, thousands of pairs of shoes and stockings have been supplied to the children in Austria and Finland, and 120 children, threatened with tuberculosis in European countries, including Great Britain, have been sent to Swiss preventoria for a four month's stay. There, while enjoying sun, fresh air and wholesome food, they will regain their health.

Perhaps it has appeared that health and service by many such brilliant fund-raising schemes on the part of our Juniors are their chief effort. Never let us forget the continuous handwork that goes on in every school. This is a boost in itself to both the physical and mental health of the makers and receivers. From funds received are purchased flannelette and cotton materials, plus wool. In 1949 alone, 13,614 sewn and knitted garments such as baby nighties, bootees, panties, dresses, socks, scarves, washcloths, etc. were made by willing hands. Almost eleven thousand of these were shipped overseas and included forty-four outfits for nursery folk in two British Nurseries — Sunshine Home for Blind Babies at Kingswinford and St. Mary's at Felixstowe, for children without parents. Many a boy has contributed by knitting the washcloths and hemming the handkerchiefs. The dresses were often beautifully smocked, or with frills and sashes. Recently, Knowlton High School's outfit

for blind Teddy, aged 4½ years, included a lovely white rocking bunny with his own name and that of the donor in raised red letters on the side—so Teddy could feel it and know he had been remembered. From another school, with the girls doing the sewing and knitting, the Grade 7 boys bought the teddybear while the Grade 3 Juniors purchased the toothbrush! Added funds accompany the outfits to Junior Red Cross Headquarters designated for the purchase of warm coats, leggings, shoes, boots, rubbers, etc. Thus approximately forty-four proud and happy youngsters yearly thank Quebec Juniors for their large and generous supply of clothing, toys and toilet articles. Other new, handmade garments, totalling over 2,500 were sent in 1949 to needy families and schools in our own Province. No count can be made of the huge amount of used clothing sent to mission homes, colonization areas, the Grenfell Mission here in Quebec and overseas to European countries, through the Unitarian Service Committee of Montreal.

Junior Red Cross has truly developed the spirit of giving in our younger citizens. Although articles of clothing are made and sent to Junior Red Cross Headquarters all during the year, at festive seasons, toys, favours and veterans' comforts are particularly received in quantity, for distribution to less fortunate youngsters. Plans begin in the early fall for that Christmas package of cheer which comes by hand, car, express or post from almost every school where Junior Red Cross is to be found.

For Christmas 1949, approximately 40,010 articles were sent to 91 hospitals, Red Cross Outposts, mission centres, welfare agencies, colonization areas and needy

(Continued on page 18)

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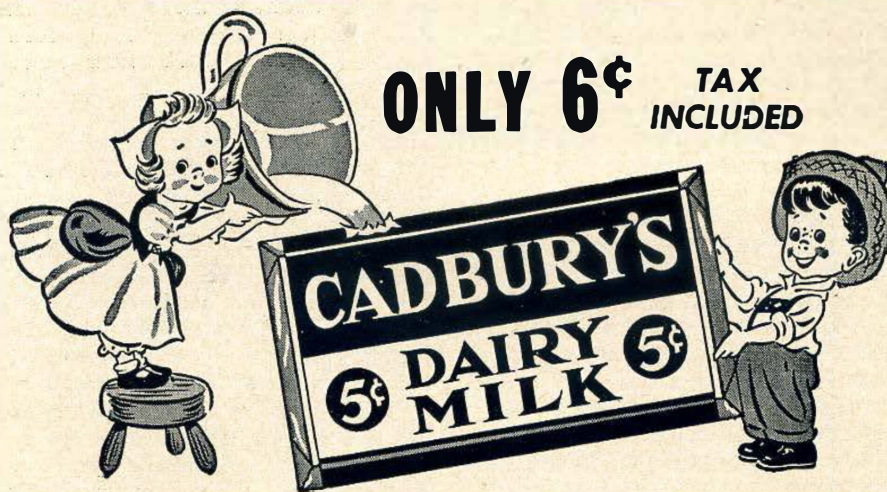
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Parents' Page

Summer Holiday Stuff

A little boy, on arrival at a summer hotel, looked around the room and asked: "Do we make our own beds?" The answer was "No." "Oh, boy," he exulted, "Is this ever a good hotel!"

* * *

A little six year old girl lonesomely watched her daddy depart from the family's summer cottage, for the week in the city. "Mummy," she said, "he's the nicest daddy in the world, and I love him, and he's the wonderfulest daddy in the world, and besides that, he's pretty, too."

* * *

A group of young cousins spent their summer together. Their affairs were run by themselves, under the direction of a Family Council composed of members elected by the children. Positions on the council were highly coveted. One time, for the office of chairman, both David and Jane got an equal number of votes. It was decided that both would make a speech, after which the cousins would vote again to try to break the tie. Suddenly, over to Jane ran her little sister, Debby. "Janie," she whispered urgently, "Say you'll give them each a chocolate bar, and then they'll vote for you!"

Child Training

Margie, an adorable four year old, visited her neighbour, Mrs. Sinclair, every morning. One morning Mrs. Sinclair asked her to clean off her muddy shoes before she came in. As she busily scraped away, Margie said, "Know what? Know what I did yesterday? I went into my house with muddy shoes, and I climbed up on my bed, and I jumped and I jumped and I jumped all over the bed spread, and I left brown bear marks all over my bed!" "Oh Margie," gasped Mrs. Sinclair, "What happened to you? Did you get a spanking?" Margie nearly doubled over with mirth. "Oh, no", she laughed, "my mother doesn't spank me, she just TALKS to me!"

Business enterprise

Fraser, aged five, recently conducted a

contest among the members of his family. He allowed each of them a week in which to get him a present, and the one who gave him the nicest present would receive a prize. We have to report that the grandmother, being unfair competition, brought the best liked gift, and received for her prize a work of art, crayoned and signed by Fraser himself.

Travelling in the car

Has your family worked out any boredom preventers for the small fry auto-bound? Tell them to us, won't you, please? They may be of great help to other parents.

Among ideas we have recently come across, foremost are the counting games requiring no equipment, such as "How many telephone poles in a mile?" "How many Railroad Crossings to-day?", and games such as "Buzz" and "I packed my grandmother's suitcase." This last can be played by all the family, and besides being very popular with even the kindergarten age, is a good memory test for mum and dad.

Believe it or not, one family found that plasticine or modelling clay was not messy to play with in the car, slight preliminary precautions having been taken.

Another family found that a good loud singsong relieved a lot of energy and high spirits, especially with such songs as "Old Macdonald has a farm." Even the two year old loved this.

Spontaneous education was the name one mother gave to the careful and highly interesting answers daddy gave to such questions, as "What's that big round thing beside the barn? What is a silo? What is it for? How does it work?" "When they make bridges like this one, daddy, how do they get the supports sunk into the bottom of the river?" "Is that wheat? Why do they make little pointed piles of it all over the field? How do they do it? How do they make flour from the wheat?" etc. etc. and etc.

* * *

PARENT EDUCATION COMMITTEE

MRS. C. E. WOOLGAR, *Chairman*

1949-50 has seen further advance in the work of the Parent Education Committee in spreading knowledge of the growth and development of the normal child, through Child Study Groups under trained leaders. In these groups, help is given parents to understand the developmental growth of their children, through all their stages, and in all their phases of physical progress, mental expansion, social adjustments, and the slow evolving into emotional maturity.

The committee consists of 10 women, each responsible for some specific part of our work. The full committee met five times during the year, but this by no means gives an accurate picture of the work accomplished, most of which is carried on by the sub-committees, which meet more frequently.

Child Study Groups

Our most important activity, of course is the setting up of these groups in any Home and School Association which expresses a desire for one. The demand has been growing, and the problem of provid-

ing leaders is acute. It led, in 1948 to a Leadership Training Course jointly sponsored by this Parent Education Committee, then under the Chairmanship of Mrs. Hamilton Marshall, and the Mental Hygiene Institute of Montreal, who employs Miss Norah Bailey to handle the formal training program, while this committee gives that part of the course dealing with leadership techniques, assists in the seminars or lecture-discussions, helps in the choice of applicant and supervises the new leader when she takes her first group.

Eighteen women enrolled for the 1949-50 session and we hope next season to have enough leaders to supply the demands of Associations. Applicants for the 1950-51 session should apply to the Mental Hygiene Institute, Pine Ave. It is a great satisfaction to us that we have been able to work so closely with Dr. Silverman in the running of this course.

The actual groups are promoted in the Home and School partly by a notice mailed to Presidents, partly by announcements over the "Home and School on the Air" Broadcast, partly by personal visits to associations when the purpose and method of operation of groups are explained.

Altogether, this winter 23 groups were held, 2 concentrating on the adolescent.

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HERE'S GOOD NEWS!

The Parent Education Committee wish to announce that a parcel of books on Parent Education can now be obtained through Miss Mavis Clarke, Librarian, McClelland Travelling Libraries, Macdonald College, P.Q. There will be a small charge of roughly \$4.00 for 40 books on loan for 4 months. This offer will appeal especially to out-of-town Associations who have not, as yet, established a Parent Bookshelf.

Out-of-Montreal groups, held for the first time include Beauharnois, Pointe Claire, Valois. Sixteen leaders were assigned, eight of them taking two groups, one before and one after Christmas. One leader was replaced because of illness. This means that 370 parents were participants.

We would heartily recommend that Presidents of Associations plan to appoint their Parent Education Chairman NOW, so she can plan for a group in the fall and send in her application this spring for a leader, if possible. Apply to Mrs. A. Sheppard, 5554 Coolbrook, Montreal.

We have been active in a number of ways, apart from the Group organization.

Bookshelves

Part of our work is to recommend books and pamphlets suitable for a Parents' Bookshelf, to be available to the membership at general meetings of associations. Watch for an article in the Magazine on how to set one up and how to operate it. (June issue) Perhaps you could suggest to your Executive that it set aside a little money each year toward the stocking of such a shelf.

Leaders Shelf

We operate a small collection of books for the leaders to refer to in their work; none of us can own as many books as we would like.

Films

There are now many useful films pertaining to Parent Education and we have been previewing those and recommending the most helpful. We are grateful to Mrs. Coutts for the inclusion of these in the Program Planning Manual sent out this winter. We would emphasize the desirability of having someone to comment on any film you use, in order to obtain the maximum good from it.

Films and Discussion

One novel technique has been developed, resulting in the showing of the film "Children growing up with other people" followed by a planned discussion by three members of this Committee. This proved a most successful and stimulating medium, leading to good audience participation. It avoids the one-sidedness of a lecture and the possible haphazardness of an unplanned panel. This film has been shown first to the Conference last year, and to St. Anne de Bellevue, Outremont and Montreal West this year.

Magazine Page

Another innovation this year has been the inclusion in the Magazine of a "Children at Home" page, where situations described and sent in by parents are discussed in broad outline. We hope for a good response to this service for parents, and invite them to write to the address given in the Magazine with anything they would like to see treated.

Radio Programs

We recommended in the fall that parents listen to the Dr. Laycock Series on CBM and send outlines of the "In Search of Ourselves" series to all associations after Christmas.

One program on the "Home and School on the Air" was devoted to Parent Education, and the chairman took part in a panel on Town Topics Program during Education Week.

OUTSIDE CONTACTS

National Parent Education Committee

There has been most satisfactory contact with the National Parent Education Chairman this year, Mrs. Downey, who has circulated all printed material used in each Province. This feeling of co-operation with the rest of Canada, even though the Provinces work in very diverse ways, will be cemented by a Parent Education Workshop in Toronto immediately preceding the National Home and School Conference in May, which two of our members will attend.

Child Study Association of America

Parent Education Conference

In March this year we asked Mrs. E. Crowe to represent us at the Parent Education Conference of the Child Study Association of America in New York. The leaders gained a great deal from the full information Mrs. Crowe brought back.

Talks to Home and School

This committee has provided speakers for 12 Home and School meetings this winter on such subjects as "Parent Child Relations", "New Ways with Children", "The Parent and the School", "Growth and Development", "Sex Education" and "Social Growth".

To my hard working committee I tender my sincere thanks for their time, effort and inspiration. My thanks go too, to the Board of Directors of the Federation for their cooperation and to all Home and School Associations who made it possible for us to further our work by setting up a Study Group.

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"OUR SHINING DESTINY"

MISS RUTH LOW, *Assistant supervisor of
English, Quebec Department of
Education.*

The poetic words of our theme were first penned by Marjorie Pickthall. The poet used them as the stirring ending of "Star of the North" in which she pictured the dauntless effort of Canadians to create "One hope, one home, one shining destiny".

These are words of throbbing life; they are words of vital content for us all. They hold a moving challenge particularly for all who claim an alive interest in education.

Let us consider them for a few moments. Marjorie Pickthall has suggested that we possess not only the potentialities of a great national future but also a singleness of purpose or plan for to-morrow: a shining destiny, indeed. Has she flattered us? Surely not, for we have ample evidence of vision and courageous determination in our past. We oft have taken to our hearts the warning—"Where there is no vision the people perish".

As workers with the very stuff of life, parent and teacher become co-workers in the moulding of the future. Let us not minimize this common responsibility. We either work in unity on a single purpose or we work in discord, tearing the child this way and that in our opposing action. Where parent and teacher see a similar destiny for the child the work of moulding through co-operation, mutual respect and understanding moves ahead with gratifying steadiness.

In vision we can each see the boy or girl "God meant" just as we can envision the peaceful society "God meant". Ahead, we say, lies a period of history more glorious than ever before, since the hinterlands to be conquered dwell mostly in the mind and spirit of man, rather than in his geograph-

ical territory. Yet success in controlling these areas depends on the type of young people we produce. It is imperative, therefore, that each of us who train the young should look with critical eye on our own personal adjustments and our effort in effective team work, the one with the other.

There is developing day by day an increasing need for the home and the school to work together harmoniously. Children and elders face continually a world of social dissension and moral uncertainty. Little about them presents a united front except the force of material gain and physical ease. For instance, there is plenty of publicity to help the teen-ager demand more allowance. Advertising is not divided in its endeavour to break down sales resistance, to create habits of spending and a growing desire for more material comfort. In this field there is complete singleness of purpose. Do we show the same united effort to produce better characters, more wholesome personalities? Our social engineering is clever in the one area and, it seems, sadly lacking in the more basic aspects of life.

(Continued on page 19)

ATTENTION TREASURERS !

The new Treasurer's Cash Books are now obtainable from the Federation. These books are official and standardized for Home and School use across Canada. You will find them perfectly adapted for your needs.

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Children at Home



Readers of the magazine are invited to write to this column for information relating to their children's adjustment to family life. Replies will be provided by a panel of accredited Leaders of Child Study Discussion Groups with experience in helping parents solve the difficulties which may arise in normal child development.

Letters should be addressed to Mrs. J. F. Ware, 15 Heath Rd., Montreal 29, P.Q.

Question: "I'm sending you a problem I have with my little girl (age 6½). Two years ago a neighbour's house burned and the occupants barely escaped. Several of the little children had rather bad reactions for some time. But my little girl still asks me too frequently at bedtime, "Mummy, is there going to be a fire?"

Answer: This letter, here very much condensed, describes a case where a legitimately frightening experience has made an impression too deep and too prolonged to be considered wholesome. When such a situation exists, parents are wise to take steps to correct it.

All the fears of childhood should be treated with respect; whether they are fears of real danger, or those which seem to be based in the child's imagination. To ignore a child's fears, to ridicule them or to try to argue them away, are the poorest known methods of bringing him up to be a stable well-adjusted human being.

The soundest approach to such an objective is for parents to build up the child's self-confidence; help him to be an outgoing friendly person, able to cope intelligently, according to his age, with every sort of new experience. Psychologists call this "creating a sense of basic security".

The next step is to be prepared to help your youngster meet and live through those extraordinary situations, such as accidents and death which might result in emotional shock. There are many real crises in life which education and practice can teach us to face and cope with courageously.

This fear of fire, exemplified in the letter quoted above, is an important one. Actually, it is a good sign that the little girl continues to express her fear to her mother at bedtime, because talking about one's fears can bring a certain measure of relief. It also opens the way for the mother and father to teach her the means by which we adults put fire to a constructive use, and, at the same time guard against its destructiveness.

Here are some ways which mothers in discussion groups have used:

1. Instead of hiding the matches from a curious young child, show him how to light one safely in your presence. Allow him to light them frequently on condition that he does not touch them when you are absent.
2. Teach him to light the fireplace or a small bonfire under supervision. Teach him how to extinguish the fire, also.
3. Show him, to the extent of your ability, the many safeguards in our homes that prevent unplanned fires from getting started.
4. Discuss in a family forum, the specific things to do in case of fire. Print the fire call number on a card near the telephone. Have a home fire drill once in a while like they do at school.
5. Take him to visit the neighbourhood fire station.

Every fear that you help your child to master is a step on the road to self-confidence. It adds to his feelings of basic security, and makes him more capable of dealing with the next frightening experience in his pathway; thus creating a continuous cycle of growth towards maturity.

There is further information on this subject of "Fears" in a pamphlet printed by the Mental Health Division of the Department of Health and Welfare, Ottawa. It is free for the asking and when you are writing for it you might just as well ask for the complete series of nine pamphlets on Child Training which deal with "Temper", "Obedience" and other relevant subjects.

★ ★ ★

CHILD HYGIENE

Dr. ADELARD GROULX, M.P.H., *Director, Dept. of Health of the City of Montreal.*

(excerpts from a talk given by Dr. Groulx on "La Tribune des conférenciers de CKAC" Quart d'heure de Concordia, August 28, 1950.)

School Medical Inspection. Its Aim: The medical inspection in school has as its primary objective the teaching of the principles of hygiene to pupils and teachers, the supervision of the health of children at school, the following of their normal development by detection and correction of physical defects and mental disturbances, the prevention of the spread of contagious diseases and the assuring of a healthful school environment. It also ensures the health of the teaching staff by a physical examination every two years . . . It is obligatory for parents to have their children vaccinated against smallpox before they attend school for the first time. Otherwise they will not be admitted to school. This obligation is laid down by Provincial Health Laws and City Health By-Laws. This applies to all primary and secondary schools which are visited by doctors and nurses of the Department of Health at the beginning of the scholastic year . . .

Parents should also take advantage of the few remaining days before schools open to have their children immunized against diphtheria and whooping-cough if this has not already been done. It is also the time for children already immunized to receive the booster dose prior to going to school for the first time . . . Before sending your children to school be sure that they are clean in body and dress. You must also see that the child's scalp is clean because if the child has parasitic infections or pediculosis he will be excluded from class. The same applies to the parasitic skin disease commonly called "the itch" or if it has infectious impetigo, etc. If there is a case of contagious disease at home or should a child appear ill, you should not send it to school. In this event consult your doctor. Be assured that the child has no symptoms of contagious diseases: fever, eruptions, redness, etc. This advice should be followed every day of the year. If infection is present see that the case

is reported to the Department of Health or to a health centre established in the Health Districts, so that a nurse may visit the child and that the proper precautions to be taken by you are indicated.

In the course of the medical school inspection during the school year a great many children are found to have physical defects. Some children have been treated and have had such defects corrected. There is still a large percentage, however, from 45% to 50%, which have not been treated or corrected. Now is the time, this very week, to have such cases looked after and thus prevent loss of time later on in the school year. On several occasions we have given this advice and we make a last appeal to you this evening in the interest of your own children. *Take them to a doctor at once.*

Another extremely important point regarding the school child is his nutrition which is at the very foundation of his health . . . Parents must see to it that their children have eaten a good breakfast before going to school in the morning. I wish to insist that of all foods whole, pasteurized milk is essential for the health of children. It is nutritious and economical and no other beverage can take its place. Fish oils, fresh fruits and green vegetables must be added to the daily diet.

The child should find in the home and in family life suitable conditions for his growth. Rest and sleep are also two important factors in maintaining his stability. The child must be put to bed early so as to be able to get up at the proper time in the morning.

By carrying out these few precepts we will preserve the health of the children and this will contribute greatly to their school progress. In accomplishing this task the Department of Health and school authorities must be able to depend upon the cooperation of parents in keeping the health of their children at a proper level."

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SPECIAL COMMITTEE TO STUDY ADMISSION OF CHILDREN TO THEATRES

EDGAR EVE, *Chairman*

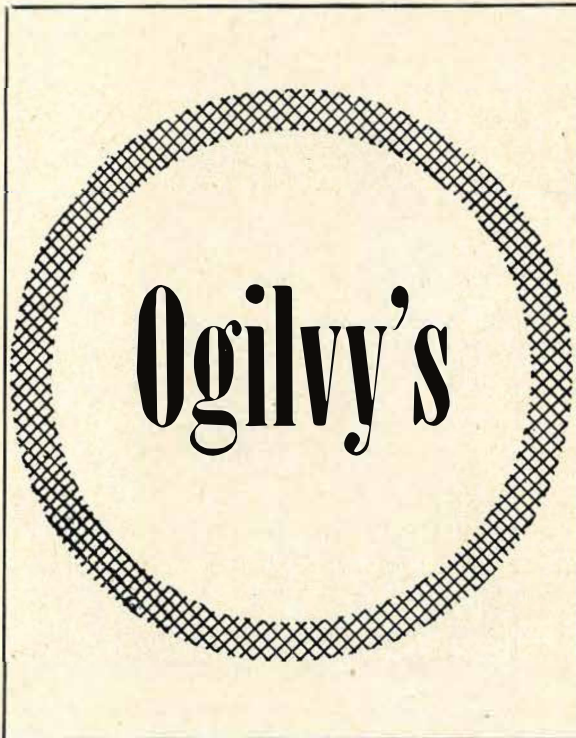
At the 1949 Spring Conference of the Quebec Home and School Association it was resolved that: "A special committee of Federation be appointed to study the question of admitting children under 16 years into theatres for special motion picture performances." This was the direct result of a resolution from Bronx Park Association. At a meeting of the Board of Directors held on Sept. 15th, 1949, I was appointed chairman of this special committee. Later, at my request, Mr. A. R. Colman arranged for Mr. Douglas Pope, Mr. Gilbert Ferrabee, Mrs. Robt. Ayre and Mr. Herbert Wilson to work with me. I have received the utmost help from the Association Secretary, Mr. F. W. Price, who has made contacts all over Canada, the U.S.A. and Great Britain.

The Quebec Law, Provincial Statutes 1928, revised 1941, prohibit children under 16 from attending motion picture theatres, whether accompanied or not. Some theatres now are admitting them and thus are breaking the law. Under present laws the only solution is to heavily fine these offenders, or, if the law has outlived its usefulness, repeal it.

(Continued on page 16)



Mr. Edgar Eve



November 1950



Milk for Health, a non-profit organization promoting a greater consumption of milk is pleased to announce the opening of a Nutrition Service.

Their Nutritionist will address any social or school group and show some excellent motion pictures on this important subject. Interesting literature is offered to school teachers and Public Nurses.

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Quebec Home and School

In March, 1946, a resolution sponsored by the Youth's Bureau, 1249 Phillips Square, was brought to the attention of the Federation Executive by the Executive of the King's Home and School Association. This resolution read: "WHEREAS it is the opinion of the . . . that the Motion Picture Act of 1928 deprives children of enjoyable recreation and wholesome education and encourages disrespect for Civil Law;

WHEREAS many of the halls and basements in which movies are shown lack the proper safe-guards and supervision thus endangering the lives of youth; WHEREAS the theatres in which motion pictures are given to the public are provided with every facility for safe-guarding the lives of those who attend them and are the object of rigid inspection by the government; BE IT RESOLVED that the . . . go on record as requesting an amendment to the law which will admit children of nine years of age and over to specially selected motion picture theatres on Saturdays and specified holidays between the hours of 9 a.m. and 6 p.m. BE IT RESOLVED that a board of censors selected by the Catholic and Pro-

testant Boards of public instruction be authorised to classify motion pictures for children. BE IT RESOLVED that theatres violating the proposed amendment pay a severe fine." No apparent action was taken.

Although the Ontario laws allow children in shows on Saturdays and public holidays, still the Ottawa Home and School Association, with the active assistance of the National Film Society and the Junior Board of Trade, provided suitable programs for children on Saturday afternoons as far back as 1947. L. S. Grant, National Convenor of Visual Education in a special article prepared for teachers' magazines, said ". . . so widespread has become the use of visual methods in Canadian schools that there are few teachers who will deny the value of the sound motion picture as a teaching device."

Very revealing were the deliberations of the Student Cinema Club of the Templeton Junior High School in Vancouver. They deprecated student's misbehavior during shows, brought out posters suggesting proper behavior and reached the following interesting conclusions in connection with

(Continued on page 20)

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cons of each question, and are exceptionally well done. Ask a few of your neighbours in, listen to the experts on the broadcast, and then start discussing the two or three questions listed in the pamphlet. You will acquire knowledge, broaden your interests, learn to say what you think, become a more interesting person. And more than all that, you'll enjoy it, for as we all well know, few things are more fun than a downright good discussion.

LIST OF CITIZENS' FORUM TOPICS — 1950-51

LIVING

- *Oct. 19 The Home: Are we afraid to discipline our children?
- *Oct. 26 The School: Are students being spoon-fed?
- *Nov. 2 The Church: What is its essential role today?
- Nov. 9 In the News: Forum on an important current issue.

DOES DEMOCRACY WORK?

- Nov. 16 In local government?
- Nov. 23 In the labor union?
- *Nov. 30 In the home?
- Dec. 7 Equal pay for equal work: Are women getting a fair deal?
- Dec. 14 In the News: Forum on an important current issue.
- Dec. 21 What people say: A report on forum opinion across the nation (half-hour broadcast).

NATIONAL PROBLEMS — I

- Jan. 11 What should we do for Canada's older citizens?
- Jan. 18 The welfare state: Good or bad?— Are we now depending too much on government?

- Jan. 25 Can Canadian capital develop our natural resources?
- Feb. 1 Canada's seasonal unemployment problem: Is there a solution?
- Feb. 8 In the News: Forum on an important current issue.

INTERNATIONAL PROBLEMS

- Feb. 15 Can we feed the world's growing population?
- Feb. 22 How can the Western powers advance democracy in Asia?
- Mar. 1 Germany: Menace or promise?
- Mar. 8 In the News: Forum on an important current issue.

NATIONAL PROBLEMS — II

- Mar. 15 Should we outlaw communism in Canada?
- Mar. 22 What do we mean by "A Free Press"?
- Mar. 29 Should Canada have a more aggressive Immigration Policy?
- Apr. 6 In the News: Forum on an important current issue.
- Apr. 13 What people say: A report on forum opinion across the nation (half-hour broadcast).

Citizens' Forum is heard Thursdays on the Trans-Canada Network at the following times:

| | |
|--------------------------------|---------------|
| Newfoundland | 9:15 p.m. NST |
| Maritimes | 8:45 p.m. AST |
| Quebec and Ontario | 7:45 p.m. EST |
| Manitoba | 9:30 p.m. CST |
| Saskatchewan and Alberta | 9:00 p.m. MST |
| British Columbia | 8:00 p.m. PST |

Pamphlets may be obtained by writing to

*Citizens' Forum of Quebec,
% Miss Stella Kinsella,
Box 66, Station H, Montreal.*

schools and homes. The veterans were remembered too, with wooden puzzles, jigsaws, crossword puzzle books and favours. Many a school held a veterans' Christmas tree or concert, resulting in hundreds of gaily wrapped gifts for our hospitalized ex-servicemen.

Thus the Health and Service part of our threefold Junior Red Cross program has been related, but what of International Friendliness? A brotherhood of nations is desired by all. Customs and activities of our Junior Red Cross members in the 55 countries apart from Canada must be known to be understood. Thus Junior Red Cross promotes the exchange of portfolios and art work with faraway Branches. Isle Maligne Juniors made just such an album relating their school happenings, industries and activities and in return received one from Chile Juniors. An art portfolio received from Massachusetts, U.S.A. has been sent to Strathcona Academy, Outremont and shortly a set of paintings with captions will be forwarded in exchange. Even our Kindergarten Branches exchange simple handwork with European countries. Our

Juniors have also visited a Vermont Junior Red Cross Rally, a summer camp in Pennsylvania and enjoyed a return visit to Wyandotte outside Detroit, following the U.S.A. Juniors' visit to Montreal the previous year. Thus a dot on the map takes on a real and new significance. Comradeship, so necessary for world co-operation, is thus fostered in our youth of today. In their seemingly small but far-reaching activities, our Junior Red Cross members are doing their bit for a brotherhood of nations and world peace.

We are proud of our Junior Red Cross members. As responsible missionaries for health—their own and that of others—and international friendliness, they have already accomplished wonders. Encouragement and guidance in the furtherance of such laudable activities will never be amiss. These younger citizens today and our experienced citizens tomorrow extend a challenge to you to help them maintain that responsibility so well begun in our schools today through active, keen participation in Junior Red Cross.

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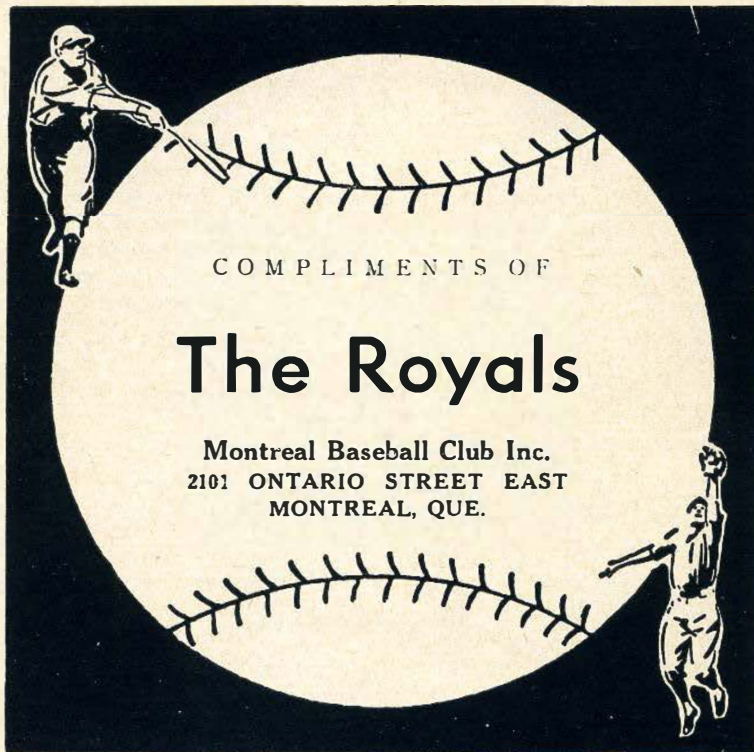
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What is wrong with us as leaders of the young? Is that a dangerous question to ask? Surely we have missed maturity if we are unwilling to face this frankly. The hour of our destiny is already late. We dare not procrastinate longer.

What then is our difficulty? Along with many other human frailties we, parent and teacher alike, have possessed petty jealousies, personal interests and dogmatic, set opinions which have blocked our capacity to work with others. These have kept the home and the school apart, poles apart, while we each have gone our merry way, oblivious, apparently, of the havoc thereby wrought in the lives of our young.

We can say that no matter what our

effort, all will be well, youth will grow up in spite of us, for, "There is a destiny which shapes our ends, rough hew them how we may". But the task before us deserves better spirit than that, surely.

If we expect our children each to face the future with a healthy body, mind and spirit, we must look to our own assets in these fields. We must be living examples of maturity; we must exhibit a common purpose and a moving desire to work with others for the general advancement of all. Such a shining destiny must be a common attainment for only in the unity of our individual and social maturity lies the glory of our to-morrow.

* * *

Young Canada's Book Week

November 11 to 18, 1950.

The interest in bringing good books to children is very great in Canada and the success of Young Canada's Book Week during its first year has been very gratifying.

Again Book Week hopes to encourage more reading of more worthwhile books by more children at home, at school and at the library.

A Family Affair

It is never too soon to start the reading habit. Take your pre-school children to the library during Book Week and the weeks to come.

Make your home a Book Week centre too. Build a bookcase and bring together your old favourites. Buy a new book for your children during Book Week.

Above all don't forget to let the children take part in their celebration.

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(Continued from page 16)

crime pictures. (a) That such pictures gave children ideas of wrong-doing and how to avoid punishment for it, (b) that crime pictures frequently make the police look foolish and (c) that the criminal in such films is seldom punished by the ordinary course of justice. That junior high school students can be so comprehending should show us that "Children like films and will attend them whenever opportunity offers, nevertheless, they realise that films are good, indifferent and bad". (Eleanor Barteaux in the Canadian Library Association Bulletin.) They prefer the good films but will accept indifferent or even poor films rather than none at all.

In the United States the Children's Film Library was started in September, 1946. In March, 1948, the National Film Society initiated an exploratory meeting in Ottawa, for the selection of proper motion pictures for children. This resulted in the establishment of the Children's Film Library in Canada under the Chairmanship of Mrs. D. W. McGibbon of Toronto. This has the support of ten major film distributing companies in Canada and the following National organisations, The Canadian Federation of Home and School Associations, Independent Order of the Daughters of the Empire, The Canadian Council of

Churches, Federation of University Women, Catholic Women's League, Girl Guide Association, Junior Leagues of Canada, Catholic League of Decency, National Council of Jewish Women and the National Film Society. The project calls for the establishment of juvenile film exchanges in Toronto, Winnipeg, Vancouver and St. John, where prints of approved pictures will be available at a nominal cost. *Quebec cannot be included because of present laws.*

The same work is being carried out in Great Britain by the Children's Entertainment Films. These are being shown regularly there as well as in Australia, New Zealand, Finland, Sweden and Holland. Only international finance difficulties prevent their showing in Germany and Austria.

The action of the Quebec Government in allowing children to see such outstanding films as Hamlet, Henry V. Great Expectations, Snow White and the Seven Dwarfs, The Wizard of Oz and Cinderella is to be heartily endorsed. However, there are not nearly enough opportunities for children to see good films and the Government should be urged to make it possible for the Children's Film Library to operate in Quebec.

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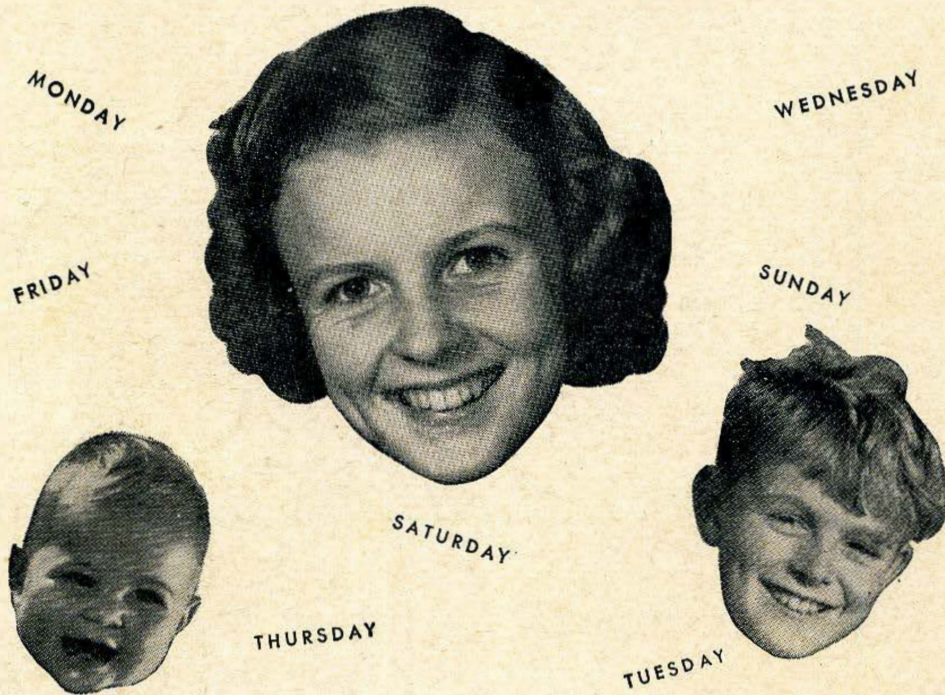


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