

30 Graduate Nurses Now Teachers of First Aid

Thirty graduate nurses have become qualified teachers of basic first aid through a course arranged by the Georgetown branch of the Canadian Red Cross Society and its first aid chairman Mrs. Mary Simpson. The course was taught by Gordon Krueger, director of First Aid Services of the Canadian Red Cross Society's Ontario Division in the Georgetown & District Memorial Hospital cafeteria.

A refresher course for previous graduates to be held Tuesday, May 6 has attracted 15 enrolments.

Nine hours of instruction were received in three sessions April 8, 22 and 29.



Two different methods of resuscitation are demonstrated at a course in first aid instruction for graduate nurses which concluded Tues. day. At left Florrie Warren and Beverly Gray show the mouth-to-mouth method, while at right Doris Allworth and Marian Montgomery demonstrate the Sylvester method.

SEEING THE WORLD: — PART 15

Indian Handcraft Much Admired by Globetrotter

Continuing a series of letters home from Janice Carter to her parents, Mr. and Mrs. Ormie Carter, describing a tour which she is taking with Karen Korzak of Glen Williams and some English girl friends.

Today has been a lovely day — very unorthodox for Christmas Day but almost as good. We had late breakfast and while Rita was getting the baby (two months) ready to go out, we had a good discussion with Su, who has a great sense of humour and seems to know a lot about almost everything.

Then we went sight seeing to Humayan's tomb and flower garden. We wanted to go to the zoo but it was very crowded as today is a holiday; so, we bought food and went to a park for a picnic. While we were lazing in the sun, listening to the music of three little boys playing drums and harmonium, another little boy came along and treated us (for a slight fee!) to a magic show.

He was a great trouper complete with mongoose in one bag and snake in the other. He played little musical interludes on a flute and drum between magical tricks. Men on bikes rode by with many helium balloons tied to their seats and tried to sell them to us. There was so much colour about us — in the saris and flowering shrubs, balloons and brightly-dressed children that it really was festive.

Some of us went to watch a field hockey game for an hour or so and I picked a polonaise off a bush in honour of the day! I wanted to go to church but they didn't know of an Anglican one near by and I have no decent clothes to wear anyway — so that'll have to wait.

December 26

Another thing that was nice yesterday — when I was getting dressed for breakfast, a little servant girl came in and brought me a flower garland to wear. A Christmas gift — altho' I'm sure she doesn't even know what Christmas is.

Today we went to the Nepalese Embassy to apply for visas for Nepal. Unfortunately we can only get visas for the Khatmandu area; whereas, we wanted to cross over the border at the extreme west of Nepal and drive across to Khatmandu. Anyway, we're lucky to be able to go — and to have the fellows along to look after us.

The boys would like to sell their Land Rover in Nepal if they possibly can since rail travel is so cheap in India — especially with student discounts. We may fly from Khatmandu to Patna in India if it's not expensive; so we can see the Himalayas from the air. However, we will have to check with the Nepalese airlines in order to know how much it costs.

We spent most of the after-

noon looking through the shops. It was so frustrating to see so many beautiful things everywhere — I wanted to buy almost everything I saw. In a lot of the countries so far, I haven't really liked a lot of the crafts — but here!!! The brassware and materials (silk scarves and saris, etc.) and jewellery and Kashmiri rugs and coats. The workmanship here in India is much finer. But I think I'll wait until I'm sure of what places I'll visit before buying things here in Delhi where they're bound to be a little more expensive.

On Friday, Sheila bought two sitars — an historic occasion as that was the main reason she wanted to go to India. We found a little shop on the second floor of an old building in the bazaar. There were bundles of huge pumpkin gourds hanging to dry. These are used for the base of the sitars. They are carved and inlaid with mosaic — and very complicated to play because there are 18 strings. She will keep one herself and sell the other for at least 8 or 9 times the price once she's back in England. A little old man was sitting there

Budget Over Million For Halton Conservation

An operating budget of more than one million dollars has been approved by the Halton Region Conservation Authority.

Approximately 80 per cent of the budget has been earmarked for general conservation, water conservation and flood control.

The 1969 total budget is \$1,332,904.67 with the bulk of \$1,062,044.67 set aside for flood control and conservation.

Total charges to the municipalities for the budget will be \$278,211.85 with a special levy charged to certain municipalities amounting to \$250,483.48.

The largest contributor to the conservation budget is the Ontario Government who through grants and subsidies will supply \$612,652.99 for water and general conservation and also flood control.

Total maintenance and operation of the sites, parks and projects managed by the Authority are expected to amount to more than \$112,000.00 and the cost of administering the Conservation Authority is scheduled to be \$158,600.00 with the province paying 50 per cent or \$79,300.00 of the administration costs.

The 1968 deficit for the Authority stands at \$32,740 which might have been higher if not for an increase in income for the parks. The summer visitors, campers and the winter skiers

CHATTING

with Mary Biehn

WHAT ARE THEY trying to do to us?

A recent shoe shopping expedition prompts us to ask the question. Honestly — the designers of women's shoes this season take the grand prize for discomfort.

MIND YOU, The shoes LOOK comfortable, with their chunky heels and broad toes. It's only by trying them on you discover that while giving us the most sensible heels in years, the manufacturers have also given us the most uncomfortable toes.

Right at the start of the shopping ordeal, your vanity takes a beating. In order to get shoes long enough, this year's short vamps demand you take at least one size larger than usual. Then comes the problem of accommodating your big toe, especially, to those elegantly shallow toed models. You can try on literally dozens of pairs before finding shoes that don't make your toes "hit the roof." And you have to have a lot of perseverance to find such a treasure this spring. Most of us I fear, will strike a compromise by taking a pair that almost fit, then trotting right down to the shoemaker's with them as soon as we get home, to have the toes lifted and stretched.

SILLY, ISN'T IT? ... Why do we do it? ...

This isn't the first time we gals have worn uncomfortable footwear in the name of fashion, by any means. I remember when the needlepointed toes came in a few years ago. I vowed I'd never be seen wearing a pair of those winklepickers. I held out for about a year, too, until finally I felt so self-conscious about my blunt toed shoes, I succumbed. And now, of course, just when I'm completely sold on a watered down version of the needle-pointers, they change the styles back again to a really extreme version of the rounded toes.

Spike heels were the fashion when I was a teenager — the spikier the better. Teetering around on my first pair was a big thrill. I still think high heels do something for a woman — they're flattering to foot, ankle and legs — and for some reason make us feel very feminine. Another good thing about them was the way they made us feel when we took them off. What a relief!

At the opposite end of the glamour pole are the over the knee boots of today's mod teenyboppers. Wonder if they're as uncomfortable as they look.

MAYBE IT'S JUST another sad sign of, shall we say, maturity, when you start to equate comfort with style. I realize that aside from such obvious uncomfortable styling as we've suffered through, shoes can never take into account the fact that no two feet on the face of the earth are exactly

Non-Academic Courses Board Will Foot Bill

A fund allowing non-academic personnel, such as supervisors, clerical and secretarial help, to take courses in specialized areas, will be set up by the Halton County Board of Education.

The move was approved at Thursday night's meeting in Georgetown.

The fund will be administered at the discretion of the director of education.

Trustee W. J. Priestner commented, "I'm in favour of upgrading, but not at our expense, if they immediately qualify for a raise in pay."

Assistant director of education D. S. Lawless assured him this would not be the case.

B. T. Lindley pointed out this would not be in effect this year, since it is not in the budget.

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GRADE 13 PRIVATE STUDY CANDIDATES

Any person wishing to write a Grade 13 examination as a private study candidate must inform the principal of his local high school of his intention, by May 15th. The school will advise him of the time, place and nature of the examination. Should the paper that he wishes to write, not be written in his local high school he will be advised where such an examination is to be held. A fee of \$5 will be charged for each examination written.

ONTARIO
AN INVITATION
FROM
LAKESHORE PSYCHIATRIC HOSPITAL
3131 LAKESHORE BLVD., WEST,
TORONTO, 14

You Are Cordially Invited To Visit With Us During

Canadian Mental Health Week

TUESDAY, MAY 6th: 2:00 - 3:30 p.m., 7:00 - 8:30 p.m.
WEDNESDAY, MAY 7th: 2:00 - 3:30 p.m., 7:00 - 8:30 p.m.

Every citizen must have a basic interest in the work of his community. We want to help you become fully aware of the facilities and activities of the Psychiatric Hospital in your district.

Hon. Matthew B. Dymond, M.D., MINISTER OF HEALTH
Donald R. Gunn, M.D., SUPERINTENDENT

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