



YOUNGSTERS ENJOYED a treat of ice cream, pop and potato chips after receiving presents from Santa at the recent Dorset Park Christmas party.



SANTA GRIMACED after talking to five-year-old Kelly Simon for a few moments. He wanted to know what Kelly was going to leave him in the way of a Christmas eve snack. "A baloney sandwich," said Kelly instantly. Santa passed out gifts to almost 600 children at the annual Christmas party sponsored by the Rockwell Social and Athletic Club.

## The legend of Befana

Families of Italian origin are familiar with *Befana*. In these days of woman's lib, it is interesting to hear about this legendary lady. When the Three Kings were on their search for the Holy Child, they passed the house of Befana as she was sweeping and cleaning her house. In answer to her inquiry, they told her of their search. She asked to go with them, but they continued on their way without waiting for her to finish her chores. When Befana tried to overtake them she failed, and so was unable to worship the Holy Babe with them.

Since then, the woman Befana wanders the earth seeking her lost opportunity. Italian children believe Befana rides through the air on a broomstick, on the eve of January 6, which marks the Feast of Kings, still seeking the Christ

Child. She goes down chimneys, leaving presents for the girls and boys, as the Wise Men brought gifts to the Holy Child.

In Russia, the same custom was once familiar, though the lady there was known as Baboushka.

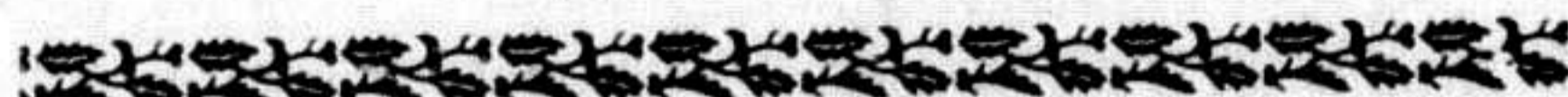


## A new twist St. Nick saves day

by Sandra Hellard

'Twas the night before Christmas and just up the stair  
The whole family lay sleeping with nary a care.  
The tree stood atwinkle, all festive and warm.  
Protecting the gifts to be opened come morn.  
The whole town seemed peaceful neath a blanket of snow—  
Crisp, clean and sparkling in the moon's wintry glow.  
On the roof of the house there arose a great clatter:  
"Hurry, Rudolph," called Santa, "I think something's the matter!"

Quick as a twinkle they took flight as he spoke,  
Saying "Off to a phone booth, I think I smell smoke."  
Thanks to a fast thinking, observant Saint Nick,  
The firemen rescued the family quite quick.  
But the once twinkly tree could no longer be seen—  
There remained only ashes where once it stood green.  
The tree had dried out and started the fire  
When ignited by sparks from a frayed tree-light wire.  
Had the tree stood in water and the wire repaired  
The home of this family would have been spared.  
But their lives were saved so they've reason to sing  
For life is the best gift that Santa could bring.  
Off into the sky Santa's sleigh rose in flight  
And some thought they heard him call into the night:  
"The Ontario Safety League knows the reason  
For this family spoiling its holiday season.  
Practice fire prevention and be of good cheer —  
HAVE A SAFE, MERRY CHRISTMAS  
AND A HAPPY NEW YEAR."



**Merry Christmas**

Our good wishes keep growing and growing. Our warm gratitude for letting us serve all of you.

**MILTON LAWN & GARDEN SERVICE**

Joe Wilson & Family

### Returns, Exchanges Delicate Matters

Returning or exchanging gifts is a delicate matter. Unless you are sure that the exchange will never be discovered by the donor, it is best to keep the present. When clothing is not the right size, it is proper to return it for a better fit. If a gift arrives damaged, return it yourself to the store where it was purchased and explain what happened. If the present was purchased from an out-of-town store, write the store, describing the item and the damage, and wait instructions from them. Do not return it to the person who sent the gift unless it was mailed and insured by him. A gift that was wrapped and sent by the donor and not insured should be acknowledged as if the article had arrived in good condition.

### Keeping Christmas, Life Is Better

To observe Christmas day, is a good thing. The mere markings of time and seasons, when men agree to stop work and make merry together, is wise and a wholesome custom. It helps one to feel the supremacy of the common life over the individual life. It reminds a man to set his own little watch, now and then, by the great clock of humanity which runs on sun time. But there is a better thing than the observance of Christmas day, and that is, keeping Christmas.

Love is the strongest thing in the world—stronger than hate, stronger than evil, stronger than death—and the blessed life which began in Bethlehem nineteen hundred years ago is the image and brightness of the Eternal Love. If you can keep Christmas for a day, why not always?

### Christmas Animals

Spaniards are taught to treat cows kindly; they believe that cattle breathed upon the Christ Child to keep Him warm. Tradition holds that cows and horses kneel in adoration at midnight each Christmas Eve. Among the residents of the German Alps it is believed that on Christmas Eve all animals can speak.

In Worcestershire, it was at one time the custom to give a bough of mistletoe to the cow that first bore a calf after New Year's Day, to bring good luck to all.

In Bohemia a horse is taken out into the river at Christmas and walked against the current. The rider tosses an apple into the stream and if it hits the horse it will be stronger during the coming year.

In Syria, the youngest camel which accompanied the Three Wise Men is called the camel of Jesus, and it is this camel which brings gifts to the children.

### Don't add pounds at Christmas

There's no question but that the holiday foods are loaded with calories. White meat of turkey isn't bad (about 250 calories for a generous serving), but the rest of the traditional fare—rich dressing, hot rolls and butter, gravy, pie are loaded with calories. All through the holidays there are fattening things like eggnog and fruitcake, rich spreads, dips, and hors d'oeuvres. While it is possible to diet your way through a holiday dinner, that, of course, is only part of it. It is better to plan ahead, and then enjoy the big day and some of the festivities before the big day.

Try to take off a few pounds before the holidays begin. It's best to begin before Thanksgiving and then during the holidays weigh yourself daily as a precaution against creeping pounds.

There are several things you can do to hold the line. First, get more exercise. Do your shopping on foot as much as possible. Walk up and down stairs, instead

of taking elevators. (Remember—it takes 30 minutes of walking to burn off the calories of one martini.)

### Holly-Day Hum

Sprigs of holly should be placed in beehives at Christmas. So says an old English Christmas tradition.

## Spirit of Christmas

In tune with the spirit of Christmas, we extend our note of thanks.

**MILTON BUS LINES**  
DAVE & IRENE LEWIS

# Greetings

Warm and cheery as the fire on the hearth are our wishes for you this happy Christmas Day.

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