

UNICEF now offers attractive year-round stationery

UNICEF cards have become a familiar part of the Christmas scene but the United Nations Children's Fund also offers an at-

tractive selection of notes, stationery and birthday cards throughout the year. These are an important source of revenue for

UNICEF which provides long-term assistance and emergency relief to children in developing countries and has been doing so for almost 30 years.

clean drinking water will be within reach of the entire population.

In Peru UNICEF is providing training and

equipment to enable doctors, nurses and dentists to visit families and communities in outlying areas where there have been no health services.

UNICEF has helped equip 73 health centres and 132 health posts in northern Peru, trained midwives, provided midwife kits, supplied medical kits for doctors, nurses and auxiliary nurses and provided 19 vehicles and 14 motorcycles for transportation of medical personnel.

plement the diet of one child for a whole year.

Proceeds from five boxes can stock a village pond with young fish or provide 105 exercise books for school children.

For a complete catalogue of year-round greeting cards, write UNICEF Ontario, 6 Pailton Crescent, Toronto, M4S 2H8.

Gardening hints for early spring

It is finally time to grow a garden.

"In most areas of Ontario, soil can be worked during April," explains Ontario Ministry of Agriculture and Food horticulturist, R.F. Gomme.

"Wait until all the frost is out of the ground though. It's a waste of time to dig and cultivate saturated soil, especially clay."

As soon as the soil can be worked, trees, shrubs, and evergreens can be transplanted. Prune fruit trees and grapevines in April.

Remove all suckers and low-growing branches, and

those that are weak and broken, as well as those that interfere with each other.

Roses should also be pruned now. Low-growing types can be trimmed to a six-inch height.

Prune away about a foot from the tips of climbing roses. Shrub roses require little or no pruning.

Hasten spring by forcing a few branches of pussywillow or forsythia.

Trim off healthy branches by making slanting cuts and place them in water at room temperature.

Four or five branches in a large vase make an excellent bouquet.

More people drinking more than ever before

"More people in Ontario are drinking more alcohol than ever before.

They are drinking in greater variety, on more occasions, in more situations and at a younger age than at a previous time in our history," said Ontario Health Minister Frank Miller the other day in launching a comprehensive alcohol education program.

As per capita consumption goes up, so does the number of people who drink enough to cause damage to their health, he said.

And research shows health is affected negatively by regular as well as by heavy drinking.

The program consists of a number of selective individual appeals geared to the personal interests of various segments of society.

A series of eight pamphlets prepared for the general public tells why moderation in drinking habits makes sense and suggests other healthier activities.

Keved to adolescent interests and speaking in their language are seven full-color posters and two pamphlets which will be distributed through schools and young people's organizations.

Posters for business and industry show that drinking can be a costly habit, affecting the pocket book, general health and social relations.

Together with a special pamphlet this is designed to complement alcohol programs already under way in a number of firms and industries with the support of organized labor. Three films are also part of the program, which was a reality.

Dormant oil sprays aren't always necessary

Although they do not harm plants, dormant oil sprays are only necessary if mites or scales were numerous on apples, pears, peaches, cherries or plums the previous fall.

"The dormant oil spray covers the eggs of mites or the scales of scale insects and smothers them," says Ontario Ministry of Agriculture and Food horticulturist D.B. McNeill.

"These sprays also control aphids and pear psylla."

For the best results, spray in April or early May with a hand sprayer according to package directions.

Dormant oil sprays are available from plant centers and garden supply stores.

News from next door

VANDORF: Dr. Frederick van Nostrand died at his home here April 28. His funeral service was held from St. John's Anglican Church, York Mills, April 30. Dr. van Nostrand was one of the founders of the Whitchurch Conservation Club long before conservation authorities became a reality.

Thornhill Minor Soccer Club Open Registration

THURSDAY, MAY 8

Time: 7 p.m. to 9 p.m.

Thornhill Community Centre

Vacancies for boys 9-13 years of age (as of January 1st, 1975). Soccer is the only game where the brain and toe work together

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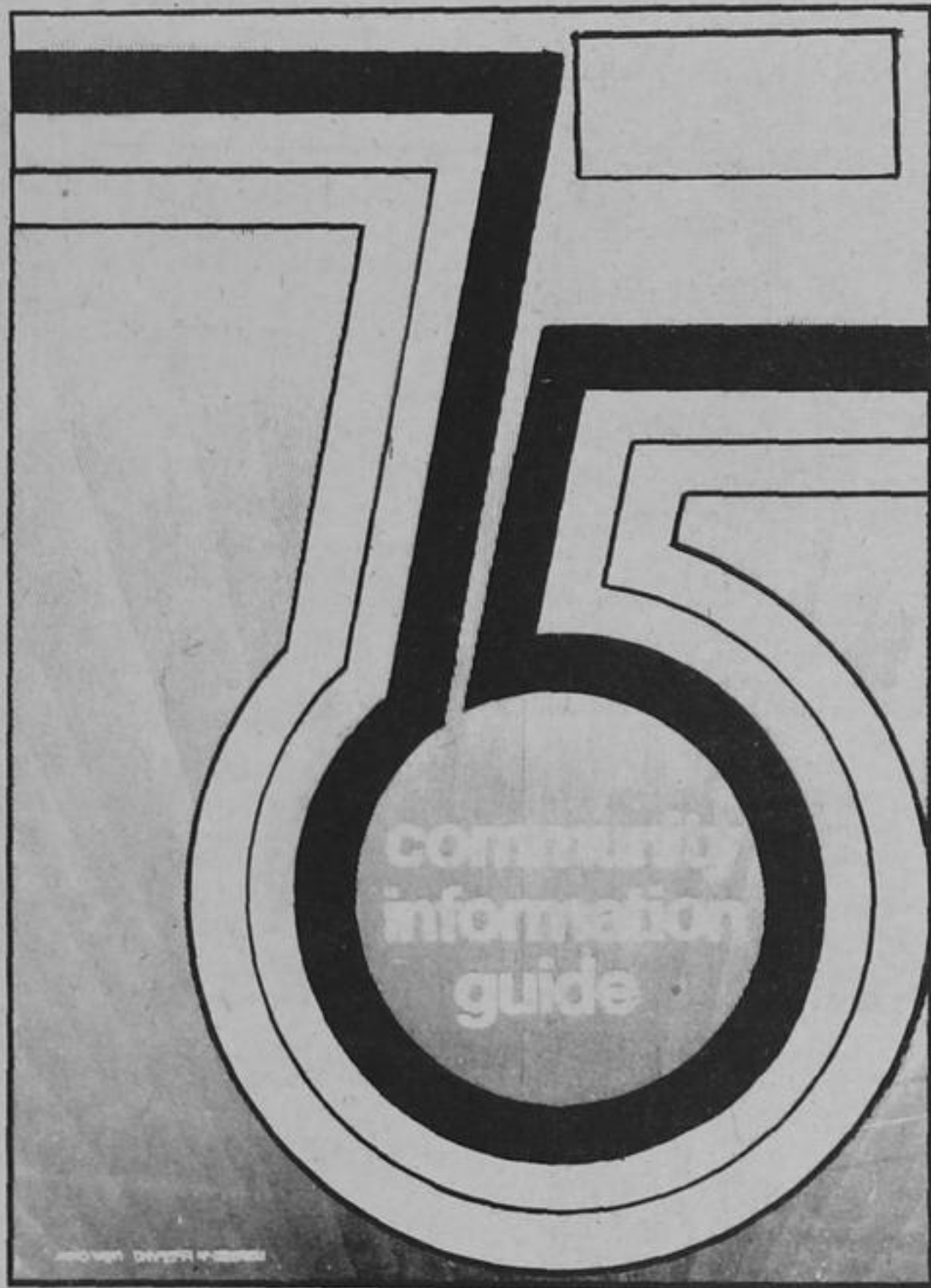
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Introducing our first annual
Information Guide that will get you
closer to your community.



On May 14, you will receive a brand new,
special feature supplement with The Liberal.

The idea occurred to us, that if we put all kinds of community information into one special publication, our readers would have a guide to all the many activities and services in their community.

Then, if we made that publication handy in size, and easy to read, bound it and stitched it, you would keep such a guide close at hand and use it many times.

That's exactly what we did for you. For the past two months our staff went to work and gathered all that you would want to know about your community. Recreational facilities and activities, government services and agencies, commercial and entertainment information, schools and churches. Complete with names of people, how they can be reached, where the activities are, etc. etc.

It proved to be a tremendous job involving hundreds of names and telephone numbers. Then we searched for maps and photographs to make it even more complete. We designed a colourful cover for the book and called it the '75 Community Information Guide'.

Dozens of local businesses have joined us to bring you information on the many products and services they have available. In all, a real treasure house of day-to-day practical information that you look for so often.

We believe you'll like it a lot and that you'll use it a lot. That's the whole idea behind it. After all, the more you know about your community, the more you'll enjoy living in it.

Watch for it on May 14th! It will come to you with this newspaper.

The Liberal

For subscriptions call
884-0981