

Only one smoker wanted to quit

Ray Armstrong is disappointed with cigarette smokers in Richmond Hill. Last month, Mr. Armstrong ran an ad in

The Liberal offering smokers a "simple" method to kick the habit, "once only". He decided to use Rich-

mond Hill as his trial market area, but was disappointed to receive only one request. For \$10 Mr. Armstrong offered three typewritten

pages explaining his method, which is basically "to forget about trying to quit. It's how I did it myself," said Mr.

Armstrong, who had indulged in the cigarette habit for 20 years. The method offers no "wizardry", routines or cutting down because Mr. Armstrong said he feels these approaches seldom work.

"Just quit, that's all," he said.

Instructions tell smokers to throw away all the previous ideas related to quitting, such as "I'll get fat" or "I've tried to quit before" or "It's hard to quit".

If you would care to find out the universal secret, just write Mr. Armstrong at 12 Relmar Road in Toronto.

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THURSDAY MARCH 22 & FRIDAY MARCH 23
8:30 A.M.-12 P.M. & 1:30 P.M.-4 P.M.



Chadd Alexander was born at 1:27 a.m. March 14 at York Central Hospital, Richmond Hill. Here, his mom, Suzanne Harvie tries to awaken him for the photographer, but he seems content to sleep. His dad, William is waiting for mom and son at their Gentry Crescent, Richmond Hill home. (Liberal Photo by Bruce Hogg).

ABC's owe many thanks

Sixty enthusiastic students, their parents and a number of dedicated volunteers showed up for the final Saturday of the fourth session of the Association for Bright Children last weekend.

The executive of the Association wishes to thank the following people who helped provide some excellent programs at St. Robert's

Private High School in Thornhill: Fred Tierney, chess for all ages; Lorne Cook, consultant with the York County Board of Education for the gifted for lateral thinking for 11 and 12-year-olds; Mike Wheeler, consultant with the Metro Separate School Board; Cecily Thompson, professional actress, for drama for 9 and 10-year-olds; Lori Keith, graduate of

criminology at Seneca College, for criminology for 7 and 8-year-olds; Joanne Donohue, who has looked after the Opera tickets. The opera is called Cinderella and will be performed at the Royal Alexandra Theatre on Saturday, May 12. Show time is 1:30 p.m. and tickets are still available for the Association for Bright Children members and their friends. For tickets, call Joanne, Donohue at 881-5409.



Happy winners
Mr. & Mrs. Julius Bork (right) congratulate Mrs. Dale Tomlin of Richmond Hill and her husband. Mrs. Tomlin won the Valentine Diamond Ring Draw sponsored by Bork Jewellers.

Look who's arrived

Following is a list of babies born last week at York Central Hospital in Richmond Hill.

- Tuesday, March 13**
Doris and Robert Gropp, Willowdale, a daughter at 10:46 a.m.
- Wednesday, March 14**
Suzanne and William Harvie, Richmond Hill, a son at 1:27 a.m.
Nada and Joe Radman, Willowdale, a son at 2:45 p.m.
Carol and Brian Jones, Gilford, a daughter at 11:38 a.m.
Marla and Dennis Rogers, Toronto, a son at 1:25 a.m.
- Thursday, March 15**
Ada and Mario Marchione, Richmond Hill, a son at 7:52 p.m.
Bonnie and Randy Moore, Richmond Hill, a son at 3:54 p.m.
Brenda and Michael Weeks, Aurora, a son at 10:01 p.m.
Susan and Julius Gergely, Richmond Hill, a son at 2:05 p.m.
- Sunday, March 18**
Olga and Peter Pourgoutzidis, Richmond Hill, a son at 6:19 a.m.
Joanne and Doug Judges, Richmond Hill, a son at 1:15 p.m.
Joyce and Joseph Korhammer, Richmond Hill, a son at 9:58 a.m.
Beti and Dan Feindell, King City, a daughter at 10:35 p.m.

New book out on infant care

By KATHY RYDGREN Herma Reuten, a YWCA leader to two groups of teenage mothers in Toronto said the book takes for granted there are two parents in the family. "Williams book is alright as a verbal guideline for low income families but it does not cross the social class structure. This kind of book would go right over the heads of my girls," she said.

Mr. Williams, however, is no stranger to both moral and psychological issues. He is a clergyman and has written and researched papers since 1930 collaborating mainly with Ernest Ligon also a clergyman and founder of the Union College Character Research Project in New York.

Wade and Girling donated \$1,000 to the Variety Club as part of the book unveiling. Let Me Introduce Myself sells for \$4.95 and will be sold in Dominion stores.

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<p style="text-align: center;">ENGLISH Coffee Mugs</p> <p style="text-align: center;">Reg. \$1.50 each 99c each or 6 for \$5.00</p>	<p style="text-align: center;">STEARIN CANDLES</p> <p style="text-align: center;">NON-SMOKE, NO DRIP Assorted colors, sizes 25% to 50% off</p>	<p style="text-align: center;">CHEESE BOARDS</p> <p style="text-align: center;">with knife centre Ceramic tile Reg. \$10.95 \$5.95</p>
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<p style="text-align: center;">STAINLESS Cream & Sugar with Tray</p> <p style="text-align: center;">Regular \$24.95 \$18.75</p>	<p style="text-align: center;">STAINLESS 4 pc. COFFEE SET</p> <p style="text-align: center;">includes Round Serving Tray, Coffee Server Cream & Sugar Reg. \$84.95 \$63.75</p>	<p style="text-align: center;">STAINLESS BUTTER DISH</p> <p style="text-align: center;">with cover & glass Liner, Satin Finish Reg. \$16.95 \$12.75</p>
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