



Carolers of yesteryear perform in their quaint furred costumes (above), in an illustration from a greeting card of the 1880's. From the Hallmark Historical Collection.

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**Classics Provide Yuletide Melodies**

In this century, hymns and carols of the Nativity have been composed by Peter Warlock ("Bethlehem Down") and Gustav Holst ("Mid-Winter") - among others.

Often, hymns and carols have been set to the music of classic composers.

One example is, "While Shepherds Watched Their Flocks by Night," by Nahum Tate. Music for this came from Handel's opera, "Siroe," as adapted by Richard Storrs Willis.

### Decking Halls Has History

"Christ was born on Christmas day, Wreath the holly, twine the bay."

From England of long ago come the words of this carol, showing the early role of the bay tree and its greens in decorating for Christmas.

Its use harks back to ancient Greece, when both the bay and the laurel bedecked homes and public places in symbol of triumph. As traditional Christmas greens, they reflect the same joyful spirit, say the editors of the Grollier Universal Encyclopedia.

Holly, of course, is still popular as Yuletide greenery. But nowadays, when it's time to deck the halls, bay leaves are more likely to spice holiday cookery, rather than holiday decorating.

**Greens Have Meaning**  
Greens that adorn home, streets and stores at holiday time entered the lore of Christmas from pagan rites of old.

The ancients believed that each green had its own significance, and an ability to do certain good - or evil - things.

Ivy, they thought, was festive. Its convivial nature came from Bacchus.

Yew and cypress had the highest virtues. Theirs was the quality, and the symbol, of eternal life.

**Mistletoe Has Powers**  
Mysterious powers by the dozens have been credited to mistletoe, among them the power to heal, to ward off evil, to summon ghosts and force them to answer questions.

At present, the most prized property of mistletoe is the license it gives for plenty of Yuletide kissing.

Fortunately, there's no mistletoe in the East.

Thanks to the birds, plant spreads widely. In the hands of mothers, ants in arms, eagerly carrying the seeds to near and far, say the editors of the Encyclopedia International.

**IT'S RICH**  
Mince pie symbolizes riches of the East, brought by the Wise Men.

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### UNICEF Works For World's Children

For many people the UNICEF still conjures a picture of children lying in line for a cup of milk, or of mothers, ants in arms, eagerly carrying the seeds to near and far, say the editors of the Encyclopedia International.

Direct assistance to 900 million children is obviously impossible. Furthermore, there are already people in all the developing countries - in government, in the professions, in private agencies, in volunteer groups - who are striving to improve the future of their countries' children. UNICEF's goal is to encourage and mobilize

these people, and the local resources at their disposal, by providing specific forms of international assistance.

It has been shown, for example, that the countries with the highest rate of malnutrition are the very countries in which the highest percentage of the labor force is engaged in farming. The farming methods, however, are antiquated, and the land is poor. The best of it is often turned over to export crops - and the remainder is used for starchy staples which grow easily, but provide virtually no nutritional value.

This is UNICEF's concern, because malnutrition is far and away the greatest single cause of death and debility among children. It is also the concern of FAO, the United Nations' Food and Agriculture Organization. At the request of the government involved, FAO might undertake a study aimed at producing not just more food from the land, but food of higher nutritive value. UNICEF, in turn, might undertake an "applied nutrition" program. Many such projects involve school and community gardens, village fish ponds, poultry raising, home food preservation and storage, and the training of nutrition and home economics experts.

A Chinese proverb says that if you give a man a fish, he will eat for a day; if you teach him how to fish, he will never go hungry. Obviously more effort is required to teach the principles of good nutrition to a gathering of village mothers than simply to ladle out a meal for their children. But once convinced, and once

provided with the means of sustaining a supply of protein foods, each of those mothers can effect permanent betterment not only for her own children, but for generations to come.

The UNICEF approach is the same in all fields, whether nutrition, disease eradication, mother-child health care, schooling, vocational training, or social welfare. UNICEF provides the supplies and equipment, the financial assistance for training personnel, the transportation facilities, and whatever may be required to get a long range program "off the ground" and firmly established in the national policy of the assisted country.

Frequently, as in the case of disease eradication or improvement of water supply, adults will benefit as well - but the target of all UNICEF programs is, as it has always been, tomorrow's adults - the world's children.

From them, UNICEF was created. For them, over 120 nations make annual contributions to this organization. For them, artists from all over the world donate the paintings and designs reproduced in the outstanding collections of greeting cards, note cards and art calendars presented each year by UNICEF. And for them, people everywhere who care about children - and about the future of the world - take advantage of this unique opportunity to help with every greeting they send.

NOTE: 1971/72 UNICEF cards and calendars are available to examination and sale all over Canada.

### A Joyous Time Of Year

Christmas can be a joyous time of year? It can cause happy wonder to shine in the eyes of a little boy or girl. It can bring great joy into a child's life. It can awaken faith.

But unfortunately for some children, Christmas this year may be a disappointment. It may be looking in store windows at toys their parents can't afford to buy - or suffering for lack of adequate clothing - or simply experiencing a feeling of utter aloneness.

This need not be; for The Salvation Army, on your behalf reaches out to such children and makes possible for them the thrill of opening gifts, the treat of enjoying a special holiday dinner, the warm feeling of wearing new clothes.

Yes, The Salvation Army knows many, many troubled people, both young and old. It tries to make Christmas happy and meaningful by providing friendship and material assistance for the less fortunate in communities - all across Canada - fathers who will spend this Christmas behind prison bars - for mothers whose children lie ill and cold in a substandard dwelling - for painridden hospitalized veterans - for many needy youngsters who know little of comfort and joy.

The Salvation Army has been spreading joy and happiness at Christmastime - and throughout the year - for more than a century, and it plans to keep on doing it.

**YOU ARE INVITED TO OUR ANNUAL CHRISTMAS OPEN HOUSE**  
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**PRIVATE SUBSIDY GUELPH, Ont. (CP)** - Private patients in nursing homes are subsidizing others, a seven-person citizens delegation told a meeting of Wellington County council. The group urged the council to increase the daily payments to these homes by 50 cents a day. The present charge to the county, exclusive of government grants, is about \$1.40 a day.

**MISS BOAT THUNDER BAY, Ont. (CP)** - Three young Norwegian sailors missed their boat trip home recently because of a Sunday afternoon sight-seeing trip. They wound up in hospital after their rented car rolled over, knocked down a tree and travelled out of control for about 70 feet.

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