



## Belles ring out

The Dixie-Belles, a talented group from the Dixie-Bloor Burnhamthorpe Library last week. Here they sing their hearts out to the audience.

Times photo by RON POZZER

### Muriel Blinkhorn



## Watch out! Those pointy toes are back

Do you remember those dreadful shoes that were high fashion about 20 years ago, the shoes with the pointed toes and stiletto heels? Do you remember how painful it was if anyone stepped on your instep?

The bad news is that they are about to become fashionable again.

Young women won't recall them, but many a homemaker will remember them well, not because they were considered beautiful, but because of the damage they did to carpets, tile, linoleum and hardwood floors, besides the crippling effect they had on women's feet.

The heels of those shoes were so slender they had to be reinforced with a metal spike through the centre. When the lift wore out, which was frequently because it was so tiny, the spike that was exposed looked just like a nail with a large head.

Let me refresh your memory if you have forgotten what happened then.

Women who wore those shoes around the house soon noticed that holes were appearing in their rugs and tiled floors; linoleum became scratched and pitted with hundreds of depressions

marks that eventually cracked open, hardwood floors took on a pock-marked appearance, and most floors were completely ruined.

#### BARE RUG

The favorite easy chair was also a problem area. Shoe heels constantly grinding into the nap of the rug directly in front of a chair quickly wore away the nap, leaving a thread-bare patch. Those sharp heels covered every type of floor covering like sharp knives.

Although wool and some of the newer synthetic fibres used in carpeting are very strong, they will eventually break down un-

der the constant abuse from high heels.

If you have fine rugs or are about to have broadloom installed throughout the house, you wouldn't like to see them damaged in this fashion.

What can you do about it?

Well, you can refuse to buy the shoes or you can ask all female members of the family, if they wear them, to remove their shoes when indoors.

You may even have to ask visitors to take off their shoes and provide them with slippers.

It is going to be a rather touchy problem, because

no matter what you do, someone is bound to be offended — you, if you grin and bear it, or others if they have to comply with your wishes.

#### MORE EXPENSE

You may feel it isn't worth worrying about, but who wants to go to the expense of new floor coverings? Why not make your feelings known on the subject with a few well-chosen words?

A simple solution may be to have several pairs of slippers available at the door.

No one should feel insulted when asked to remove their shoes. It is a custom in many countries,

for good reason, and no one is upset by it.

But every homemaker will have to deal with the problem when it arises as she sees fit.

#### RUB SPOTS

Here's a helpful hint on how to remove soil spots easily from rugs, especially the area between the kitchen and dining room. Before the soil becomes embedded too deeply, take a little hot water and a thick suds of kitchen detergent. Rub the soil marks briskly with a cloth or a nail brush without soaking the rug. Wipe with a clean, wet cloth. When dry, vacuum to remove dried detergent particles.

## Retarded children helped to integrate locally

By DIANNE RINEHART

A new attempt at the task of integrating mentally retarded children into the community is being made in Mississauga through religious education. On Jan. 29 religious classes for mentally retarded children will start at St. Dominic's Church at the corner of Cawthra and Atwater.

Carol Ann Clement, co-ordinator of the project, says the Peel program is the 13th in the Archdiocese of Toronto. Father Jean-Marc Gagne is program director for this area.

Mrs. Clement says the program is not rigid and is designed to meet the needs of the participating children.

There will be a basic theme each day, Mrs. Clement explained. The children may start off the lesson learning a religious concept and then move into groups for crafts.

There will be at least one volunteer teacher for every child.

There is no lack of expertise from the persons volunteering. Fran Trester, the driving force behind the project in Peel, is a special education teacher and has worked with mentally handicapped children.

Other volunteers have worked as teachers while some are housewives interested in the problem.

We plan to play everything by ear," Mrs. Clement says. "We'll learn how to run the program from the response we get from the children."

The church hopes to work with a group of about 10 children coming from as far away as Orangeville. Eventually as the program grows, more centres will be instituted.

The course, which is Roman Catholic, will include about four religious ceremonies each year in which the pastoral team of the church will participate.

Mrs. Clement says the church hopes to attract mentally retarded children of about six years of age and over so that they will be able to grasp the concepts.

For further information on the program contact Mrs. Clement at 279-5920.

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This year, a new job creation program called Canada Works will help fight unemployment by providing funds to groups and organizations including private businesses, for worthwhile community projects.

If you have a project that can provide a minimum of five jobs for unemployed people in your area, submit your application to Canada Works.

But do it now. The deadline for applications is February 4th.

Right now, your Canada Manpower Centre has application forms and a Canada Works "Guide to Applicants" that describes the program and how to apply.

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