

# Low-income Families Plan Yule With Aid of Diet Dispensary

By OLIVE DICKASON

Nan Garvock of the Montreal Diet Dispensary is firmly convinced that Christmas is a family celebration, and she is doing her best to see that is what it will be for many of the city's underprivileged families.

"Parents who are trying to support their children on low incomes are already beginning to wonder how they will ever be able to get a Christmas dinner together," Miss Garvock said in an interview yesterday. Those who can do so, often take on extra work to bring in a bit of added cash, but this is often "at the risk of their health."

Others can't even do that much, Miss Garvock said. Because of this, the diet dispensary, which is a Red Feather Service, is distributing money for food to many such families.

"It is the first time we are doing this on such a scale," Miss Garvock said. The dispensary is at present helping about 100 families with diet problems because of low incomes.

These families are well acquainted with the dietary needs of their families, and are only too anxious to spend the money wisely, Miss Garvock said.

## OTHER GIFTS

Besides this, the dispensary is also distributing clothing and candies. A wide variety of clothing comes to the dispensary this time of the year, and is given out along with other forms of Christmas cheer.

Gifts are all sorted out around the middle of the month, Miss Garvock continued, and divided according to the families they will be sent to. Mrs. Paul Drummond, president of the board, and board members all come down to the dispen-

sary to help with the sorting and packaging.

"It's quite an occasion," Miss Garvock smiled, "especially as many of the gifts come from members of the board themselves."

Quite apart from the clothing, however, the main interest of Miss Garvock and her co-workers is to see that the families under their care have a good Christmas meal.

"After all, what's Christmas without the trimmings of a good dinner?" she said.