CHILD TRAINING

(This article is the second in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare).

Discipline

(PART II CONCLUDED)

The time comes when you're up against disobedience — what then? If your small child is reaching for a pot of boiling water you pull him away immediately. Be firm in a kindly manner, without screaming, and direct him to some other activity not so dangerous.

The tougher situations involve decisions of a more subtle type But firmness is still necessary, not the kind that says "You do this or else!" but the kind that holds his respect because it's reasonable. "It's time to turn the lights out, Phyllis," may be the finishing touch that the child really needs and can accept (though not always without some protest on her part.)

Constant commands and repetitions usually get you nowhere and dull the child's sensitivity to your request. If Junior says, "Wait'll I finish this chapter," it's much better, where possible, to let him accept this responsibility for control rather than sticking to the clock. Necessary demands should be followed through, however. After a request to pick up the toys has failed, try "Please pick up as many as you can." In this way you've recognized the child's point of view as well as the state of the living room. Perhaps you even need to hand Betty a few things to help her get started. It helps her know you mean business.

Rewards and Threats

Getting a child to do something by means of a reward or bribe rarely gets lasting results. Even if you are immediately successful you have unwittingly taught the child a lesson you'll probably regret, namely that doing things means payment. Tommy can become a shrewd bargainer! (This use of bribes shouldn't be confused of course, with payments for certain work tasks, a practice which can be very helpful in teaching your child the value of money.)

Threats of punishment are equally ineffective. If it's just a threat (I'll get the policeman!) and he calls your bluff, he's learned your word is not reliable. Or the punishment, if carried out, may not "fit the crime" and have poor results As for beating a child, that's a long way from the love and understanding he needs, and the intelligent parent will soon learn it does no good. Instead, it usually worsens the behavior for which the child was punished.

Firmness with Affection

Firmness is all right with your child as long as he knows you're on his side and not against him. Jean can take a firm "No" about going out after supper because Dad says, "It's quite late. We'll play some cards before bed and talk about what you and Sylvia will do over the week-end."

The "Oh, gee," the "will you, won't you" and the "try and make me" will be done away with more quickly if your child knows you won't weaken and give in. A whining child softens some parents and makes tempers flare in others. A firm, reasonable demand, supported by the guideposts previously listed, will be respected by Junior.

What about the explosions that are bound to happen? Your snapped decision and quick temper will be passed over and soon forgotten **if the fundamental attitude of respect and love for the child is there.** "Shut that door!" and "Stop that racket!" may not be fair from the child's point of view but they're only natural reactions and need cause you no remorse. They're really minor points in the main picture of discipline.

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Next week's articles will discuss TEMPER.

Royal Yacht Britannia Contains Simple Furnishings and Colors

(By MURIEL NARRAWAY)
(Canadian Press Staff Writer)

LONDON (CP) — Canadian women would appreciate the furnishings aboard the royal yacht Britannia.

The clean simplicity of light woods, as a background for gay colored chintzes and contemporary cotton, helps provide a touch popular in North America. The same idea is carried out in the plain carpets, simple brocades and space saving furniture.

The trim, 5,000-ton yacht, built at a cost of £2,100,000, was shown to the press the day after the Queen returned from her Commonwealth tour. It was clear that the Queen had brought to her apartments the simple, lived-in quality of comfortable informality that has been one of her housewifely traits since early married days.

GREEN POPULAR

Her love of restful greens is perhaps the outstanding feature of the royal quarters. The sitting room, starboard side, has a variation of greens plus an ivory-white ceiling. The walls are a delicate green reminiscent of sea water seen through glass.

A deep settee and chairs, built for comfort rather than fashion, are covered with glazed chintz patterned in red roses and deep green leaves. Other chairs bear a dull nettle-green cord cover, the carpet is moss green and the natural wood knee-hole desk has a dark green top.

The room's restful feminity is in direct contrast to the Duke of Edinburgh's port-side sitting room, which seems to reflect the vigor and vitality of its athletic owner.

REDWOODS

Light teak walls contrast with the knee-hole desk and other furnishing woods of a rich rosy red. These match the red-brown teak handrails that encircle the ship. The duke's settee and armchairs are covered in off-white knobby folkweave like an expensive towelling.

The desk top is red leather, the curtains dark navy cotton with white contemporary design and there are two odd dark blue chairs. A dark grey carpet matches the grey marble surrounding the fireplace and tones with the blue-grey sides of a large-scale model of the frigate "Magpie," the duke's Royal Navy command after his marriage.

There's green again in the drawing room and ante-room shared by the Royal Family. The mist-green walls, with white sea-shell border, are paler even than those in the sitting room. The lime green brocade curtains on the oblong windows are almost a shock in contrast.

FROM OLD YACHT

Economy notes are the spindly mahogany chairs from the old royal yacht Victoria and Albert, the seats covered in white watered silk with green French stripes. The same silk tops the long piano stool running the length of the baby grand.

There are also card tables and a knee-hole desk from the Victoria and Albert, but the only sign of sovereignty is the royal blue velvet knighting stool tucked away in a corner.

Guest bedrooms for the ladies have chintz hangings and light wood trim. The men's rooms have red woods and rich brocades. Sir Winston Churchill's bedroom for his night aboard, up the Thames, has navy carpet, ivory brocade and rich red wood.

The stateliest room aboard is the long dining room, which serves too as a ballroom and cinema, with its mahogany table from the Victoria and Albert. The table can be extended to seat 32 people. The light matching chairs, also from the old yacht, and a few small tables against the wall are the only furniture in the white and gold panelled room.

Anne Adams Patterns

JOY TO SEW!

Bare your shoulders to the breezes—or cover-up in summer's prettiest princess! Halter neckline, Empire midriff, flaring skirt do such very attractive things for your figure. Back-interest bolero is cut to there to emphasize the waist. Sew-easy.

Pattern 4742: Misses' Sizes 10, 12, 41 ,16, 18. Size 16 dress, 4¼ yards 35-inch fabric; bolero 2 yards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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WHITE SAUCE

Put 2 cups of milk in top of double boiler. While this is heating measure—

4 level tablespoons of flour
4 level tablespoons of butter

Cream them together well, and work into a ball, and drop into the hot milk. Cover and cook without stirring for 15 minutes.

Take an egg beater and give mixture two or three brisk whisks You will find you have a very smooth sauce. Always keep to proportions.

—Springfield W. I.

DOROTHY DIX

Parental Ban On Friends

DEAR MISS DIX: I have so many troubles and urgently need someone to talk to; but there's no one to listen. I feel all alone in the world. I never really wanted to do anything wrong, but, at 16 I seem to have made so many mistakes I doubt if I'll ever straighten out.

I have always wanted friends, but my folks didn't understand that, and thought I should be content to remain at home as Mommy's little girl. I have two older brothers and one younger sister. All through grade school I was so bashful none of the other kids would ever be friendly. When I got to high school, I found the boys and girls entirely different. They tried to make friends with me, but whenever I thought I had a pal, Mom wouldn't let me bring her home. Then I began to sneak out—to make excuses and go out with the gang after school.

Unfortunately, I got in with the wrong crowd, and soon began to smoke and drink so I could keep up with them. It didn't take me too long to realize that this was not what I wanted. I wanted a "best friend" to whom I could confide all my dreams, and other friends with whom to dance, skate, bowl and talk. That is what my parents denied me, though they gave me everything else I wanted. Now, what can I do? I see now where I was wrong, but how can I live the normal life of a teenager when my own parents are against it?

Evelyn

BURY THE PAST

ANSWER: You have been given the grace to know and acknowledge your wrongdoing, and to rea-

Continued on page 9

Morning Smile

Two Scotsmen played sixteen holes of golf without saying a word to each other. On the seventeenth tee, McDougall broke the long silence.

McDougall—I am one up.

The other looked at him with unmitigated disgust.

Other Scot—Chatterbox.

The Stars Say

By Estrellita

For Tomorrow

THE restrictive influences of the past week disappear now, and you should find friends and business associates in more genial frame of mind and family relationships at their pleasantest.

You can expect co-operation now so, if you have been postponing plans in which the help of others is needed or have hesitated to ... favors, now is the time to go ahead.

The stars remain friendly throughout the evening hours, so plan to engage in some stimulating social function. Community affairs and group activities will be under fine aspects and new friendships are also encouraged at this time.

For the Birthday

If tomorrow is your birthday, your horoscope holds promise of a most stimulating year. As of this week, you have entered one of your best cycles in many a moon, with emphasis placed upon professional or business advancement and financial gain.

Personal relationships are also highlighted in your forecast so that, generally speaking, you should be highly optimistic.

You will have to work hard, of course, if you would take advantage of all the opportunities available to you and achieve the goals you have set yourself, but the rewards will be well worth the effort.

Slight obstacles to progress which may appear in the early fall should be recognized for what they are — mere challenges which can be met and conquered with intelligence and perseverance. Everything is in your favor now. Let nothing discourage you.

A child born on this day will be warmhearted, capable, conscientious and endowed with exceptional creative ability.

ELLEN'S DIARY

by an Island Farmer's Wife

Gift-dahlias we planted this afternoon with assistance presently from the boys of this place. Or rather were we perhaps not the help of the pair—of Jamie who always maintins his interest in any work undertaken and Gage, the merrier more carefree fellow, who likes to share his with any diversion which may conveniently appear!

There was "that lamb" that came to play about. This is one who with mother and sister remained in the orchard to receive supplementary feedings of cows' milk, when the rest of the flock went to pasture at "the other farm". A half-neglected, though engaging animal.

"She's not a pet lamb," we overheard Gage describe her status quo to a farmer-visitor one morning, "but she's the next thing to it! Gran'daddy says she'll make a fine sheep some day. But she has one bad habit: Jamie and I have one time of it trying to keep her in the orchard! If she don't mind," he nodded, "I'm afraid she'll land herself in at ... "he said mentioning a city marketing-plant.

• • •

Petite warblers, prettily striped, were about the lawn. High in a tree a blackbird whistled for our pleasure. In the near meadow striking robins engaged in quiet hunts.

"It takes three weeks for chicks to hatch," he offered, mind obviously roving from the tuber he placed in the trench for Jamie to cover with loam.

"Everyone knows that!" Jamie remarked with a chuckle.

"Well, not everybody," the little fellow reasoned, "I didn't until today. And I guess there'd be others." So much a little lad has to learn in these important years—the shaping-years of his life!

Today through the cool sunlit blue of the early morning James moved his team and seeder from this place to commence the seeding at the Home farm at Alderlea. It was well for us that he chose a sheltered spot in the barnyard for the hitching when we came there after an old custom to hold for a few minutes one or another of the fidgeting steeds. For it was an edged wind that blew into our valley then. But about on glen and hill the season was beautiful: delicate lace of new leaves, rose of crowning maples, emerald of the meadows, red-brown of cropping fields . . . everywhere the clean fresh daintiness of the year.

James glanced at the skycloudless and sunny blue, gathered up his lines and moved toward the lane.

"The sowing seems to be slower this year, Ellen," he offered. "But I suppose if I keep at it, every day will whittle some of it away."

"It's done at 'the other farm' and part is done on this one. Isn't that encouraging?" . . . Does Providence, hearing, we wonder give us credit for these encouragements we give and have always given—we who in our shortcomings and omission will have all too little to bring in "that day"? Or does He only nod in approval of His plan and make silent comment," is not that why I put her there?"

"Oh yes," James said "and it's good to have it to do—good to be busy. Now, Ellen" he called back as he entered the lane—and we saw a smile break—"don't think because I've moved away for the day, you're into your holidays!"

• • •

No holiday this, nevertheless it was a good day, we tuck away now to its rest.

Until tomorrow — — — Diary — — — — Goo dnight . . . .

That Body of Yours

By James W. Barton, M. D.

DRUGS TO LOWER HIGH BLOOD PRESSURE

For years physicians have believed that lowering high blood pressure was a temporary form of treatment and no real or organic benefit is derived and hence it is not worth spending time and money on. In the Medical Clinics of North America, Dr. Edward D. Fries, Adjunct Clinical Professor of Medicine, Georgetown University School of Medicine and Chief of Hypertension Clinic, states that several encouraging developments have occurred recently in the treatment of high blood pressure. "Although the causes are obscure, our ability to control hypertension itself are becoming increasingly more efficient." This advance has been made possible by the development of a number of drugs which, when used in certain combinations, have obtained significant reductions of blood pressure with as little dosage as possible and with a considerable decrease in side effects.

Dr. Fries feels that treatment by diet to be effective must be too rigidly restricted in salt to be practical and that sympathectomy (nerve cutting) provides too unreliable results to provide a final solution to reduce high blood pressure. The real solution is drugs that reduce the pressure several hours a day so that for that length of time the pressure will be kept lower and, therefore, the blood vessels will not be kept at their full stretch. The ideal drug should produce no serious toxic or poisonous reaction and as few disagreeable side effects as possible. The length of time that the drug is used to lower the blood pressure should be at least eight hours, thus permitting a normal period of sleep. It should be inexpensive, able to be taken by mouth rather than by injection, and the method of dosage should be uncomplicated, practical and standardized. This ideal drug has not been produced as yet but each passing month brings it nearer.

Dr. Freis states that the "three R's" in the treatment of mild hypertension are reassurance, relaxation and Rauwolfia. Considerable anxiety may be overcome by telling the patient that his particular outlook is good. He should also be advised to find time for relaxation and recreation and to avoid as much as possible the situations which produce worry and anxiety which aggravate high blood pressure. The third step is the use of Rauwolfia is given in doses of 100 to 150 mgm. twice daily for usually two weeks (this is in the form of Raudixin manufactured by Squibb).

Other drugs being used for the moderate and severe hypertensives are veratrum, Apresoline, hexamethonium, and still newer one called pentapyrrolidinium.

Contract Bridge

By Josephine Culbertson

PANIC

The sort of defense offered by East in the following hand is evidence of panic, not reasoned analysis.

North dealer.
Both sides vulnerable.

	♠ K 6 5 ♥ J 7 4 ♦ Q 9 2 ♣ A 10 9 5	
♠ J 10 9 ♥ 4 3 ♦ 8 3 2 ♣ 7 5 3 ♣ 8 6	N W E S	♠ A Q 8 ♥ A K 10 ♦ 6 5 ♦ A J 10 ♣ Q 4
	♠ 7 2 ♥ Q 9 ♦ K 8 6 4 ♣ K J 7 3 2	

This hand occurred in a duplicate game, and the bidding at one table took this peculiar turn:

North	East	South	West
Pass	1 ♥	Pass	Pass
Dble.	Redbl.	2 ♣	Pass
Pass	Dble.	Pass	Pass
Pass			

West's pass to the double of two clubs was a remarkable action—a takeout to two hearts was the orthodox move — but West went a long way toward justifying his own decision by making the fine lead of the spade jack. Dummy ducked, and West continued the suit, East winning. East now laid down the heart king, but when West played the deuce, he shifted back to the spade ace. Declarer ruffed, then laid down the king and ace of clubs, dropping the queen (which was an inspired guess, considering the bidding). South then led the heart seven toward his own queen. East put up the ace ,but when he saw the queen fall, he apparently took panic at the thought that South would be able to discard the jack of hearts, and on the chance that West had the diamond king, East shifted to the diamond jack. This was won in dummy with the queen, and now South could make another diamond trick by leading toward his king. The doubled contract was fulfilled.

If East had taken the pains to count he would have known that South started with exactly two spades and five clubs. So what good would it do him to get rid of his marked four diamonds on the jack of hearts? East had only to exit with a heart, giving dummy the trick, and hold his diamond position to assure himself of two tricks in that suit.

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How Can I?

By Anne Ashley

Q. How can I avoid wearing out so many water faucet washers?

A. The washers wear out quickly if the water faucets are turned off with all one's strength. Turn them enough to stop the water and then release.

Q. How can I keep cupboards or closets dry and sweet?

A. By placing a small pan of lime in them. Usually it will not be necessary to renew the lime more than once every two weeks, and never until it becomes slaked.

Q. How can I avoid stains on the hands when peeling carrots?

A. Carrots will not stain the hands if they are peeled in hot water.

Better English

By D. C. Williams

1. What is wrong with this sentence? "They promised how they would be there, and we were awfully glad."

2. What is the correct pronunciation of "venison"?

3. Which one of these words is misspelled? Racketeer, rallery, rationalize, rapacious.

4. What does the word "significant" mean?

5. What is a word beginning with my that means "to make difficult to understand"?

ANSWERS

1. Say, "They promised that they would be there, and we were very glad." 2. Pronounce ven-i-z'n, and not ven-i-son. 3. Raillery. 4. Having a meaning: expressive. "He made a significant gesture." 5. Mystify.

Household Scrapbook

By Roberta Lee

News

When time does not permit writing a long letter to the one who is away from home, cut the interesting items out of each day's newspaper and enclose them. This thoughtfulness is invariably appreciated.

Mosquitoes

The mosquitoes will not work their way through the mesh of screens if they are wiped with kerosene. This should be done every few days.

Accidents

Many a serious misstep can be avoided when going down into a dimly lighted basement if the lower cellar step is painted white.

Modern Etiquette

By Roberta Lee

Q. One of my neighbors persists in stopping in at my house frequently while I'm in the midst of my housework. Would it be too rude of me to continue working while talking with her?

A. Not at all. This might even serve as the "gentle hint" your neighbor seems to need.

Q. Is it correct to use just one five-branch candelabrum in the center of the dinner table, and if so, do you place it lengthwise or crosswise?

A. This is entirely correct, and it is usually placed lengthwise.

Q. Is it obligatory for a guest at a christening to bring a gift for the baby?

A. While not obligatory, it is customary.

Dien Bien Phu Nurse Honored

French Army nurse Genevieve De Galard-Terraube smiles as she passes an honor platoon of white-kepied Legionnaires at Luang Prabang, Indo-China. She is now in Paris. (Nea Telephoto).

BACK THEY GO

TORONTO, (CP) — The city's "moaning minnies" are on the way out. Because agreement could not be reached on who should pay for the installation of 51 air raid warning sirens at a cost of $400 each, the federal government decided to send them to other provinces who have reached understanding on the matter. The first 20 sirens, which have never been uncrated, are now on their way to Ottawa.

Alice Brooks Designs

OLD-TIME AUTOS!

Beginner — easy! Every stitch is fascinating fun! Frame a pair for your living room — or use them on "conversation" towels or pillows! For modern, traditional rooms.

Old-time cars in jiffy cross-stitches! Pattern 7398: six transfers each about 4 x 6¼ inches.

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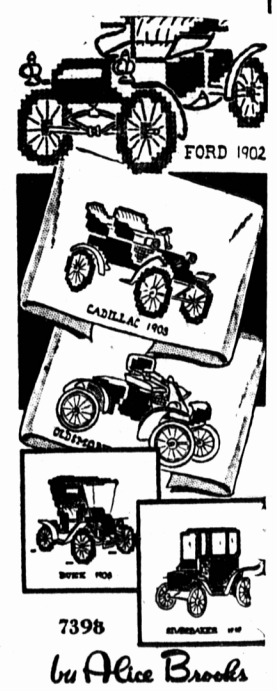
BRAND-NEW, beautiful — the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.



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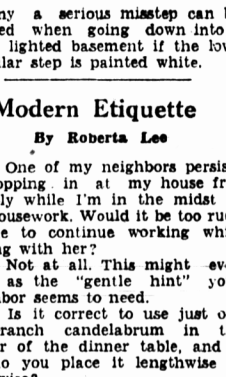

The fit is really superb, and too, these Swim Suits are colorful for beach-sitting and surf-dipping. The cuffed tops have boned bras for the best line, they may be worn with adjustable halter strap or strapless. Choose from the front skirted style or the shirred bloomer. Smartly fashioned of black, royal, white, red or rose Laxtex in sizes 12 to 20.

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