

# CHILD TRAINING

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

## Feeding Habits

PART II

If your child has a poor appetite and shows no interest in foods, be assured there's a good reason for it. Find it! It may be a monotonous, uninteresting diet. It may arise from certain physical reasons which require a doctor's attention: the onset of a cold or infection; diseased tonsils and adenoids; decayed teeth or constipation.

Again, bedlam in a home with the radio blasting constantly, bickering and nagging, and distraction at mealtime from many sources produce poor appetite and bad feeding habits.

Children are born mimics. If Dad is a finicky and picky eater, and Auntie dunks her food because of ill-fitting false teeth and big brother demands special dishes—well, who's to blame the little one for poor feeding habits?

Catering to your child's dietary whims with little or no thought given to balancing his nutritional daily needs may ultimately result in serious illnesses such as rickets, scurvy, anaemia, nervousness or perverted appetite. Learn your child's requirements in food, then make sure he gets them.

Another difficulty often encountered arises from the fact that a young infant instinctively puts his hand to his mouth and this habit continues until all twenty teeth have appeared. Some children eat everything, as a result of this practice, including dirt, polish, hair, string, plaster and paint. Discourage this by transferring your child's attention to some interesting plaything. It may be necessary to seek professional aid.

## The Stars Say

By Estrellita

### For Tomorrow

CLOSE attention to details rather than aggressive action should prove effective in getting the results you desire now. Refrain from making agreements or promises, unless you are certain you can fulfill them. Take pains to avoid family dissension.

The afternoon hours are excellent for making plans for the future, taking stock of present situations and considering methods of improvement. If in doubt as to your present course, it might be advisable to consult an expert.

There is a possibility that you will hear some exciting news during this period.

### For the Birthday

If tomorrow is your birthday, you may prepare for an extraordinarily peaceful year. The efforts you have put forth during the past months should yield happy harvest by early fall, at which time you might plan for a long trip.

Relaxation will not only have been earned, but may be required after a lengthy period of concentrated endeavor.

During November and December, with release from financial pressure, you may be tempted to indulge in extravagance. But it would be better to consolidate gains for future use.

Social, romantic and domestic affairs are also favored for the balance of 1954.

All in all, a good year! A child born on this day will be practical and efficient; always working toward financial security and independence.

## Modern Etiquette

By Roberta Lee

Q Should the parents of a child reprimand him if he misbehaves at the table in the presence of guests? A No; either the father or mother should quietly take the child away from the table. He should not be scolded or punished in the presence of guests, but neither should the misbehavior be ignored.

Q Is it necessary to write a "thank you" letter when one has been entertained informally at dinner? A No; when leaving, tell the hostess how much you have enjoyed the evening. Of course, you should return the invitation some time too.

Q In what way may a bride-elect show her appreciation to a group of girl friends who have given a shower for her? A She may give a luncheon, tea, or bridge party for them.

## How to be loved by a man

Says Marlene Dietrich: "Love him, unconditionally and with devotion. Don't try to change him. When he comes home at night, let him be. When you feel like grumbling, or you're hurt, or bored."

In July Reader's Digest, Miss Dietrich, a symbol of romance and glamour to many, tells you what you should (and shouldn't) do to keep your husband's love alive.

Read her frank answer to the eternal question: "How to be loved by a man" in July Reader's Digest. It's just one of 36 articles of lasting interest, condensed from leading magazines, current books. Get your copy of July Reader's Digest today.

## HOSIERY OF DISTINCTION

by Chalcians  
ELASTICITY FOR DURABILITY

## DOROTHY DIX

### Is Time Of The Essence?

DEAR MISS DIX: I've been dating Brian for the last 2 years. When I met him he was attending college, but is now in service with 6 months more to serve. I am very fond of him and feel that if I continue seeing him I shall become more involved, and may eventually be hurt. He has often said he likes me, but is at present in no position to become serious. He doesn't add anything encouraging about the future. On two or three occasions we've broken up for a couple of months, then he calls, and we begin dating again.

My family thinks I should continue seeing him until he is discharged from the army and then decide if there's any change in his attitude. I feel I should settle the matter now, and, if he has no intention of making our relationship a permanent one, stop seeing him.

BE SYMPATHETIC R. R.

ANSWER: Take your family's advice and wait the six months. When the boy has finished his military duty, he'll be in a much better position to plan his future. A young man, situated as Brian is, must work out his future, economic as well as emotional, from the time he gets out of service. Having gone into the army directly from college, he has no business experience, and probably no idea where he'll be able to get a job. He may not let you know that he's worried about this angle, but believe me he is. He prefers not to commit himself to romantic entanglements until he is established at work. If you will show a little sympathy and understanding for his problem, it will help you considerably in overcoming his reluctance to make definite plans. At present, you are thinking only of your problem, not his!

The possibility of being hurt is one you must take a chance on. In fact, even if Brian had made promises, or exacted them from you, there's no guarantee that he could not change his mind. Any man worth having is worth waiting for and doing a bit of worrying over; seldom does the dreamboat of love sail along without making a ripple or two.

DEAR MISS DIX: I am 16 and have been in poor health nearly all my life. Recently I have begun to show signs of definite improvement. I was only able to go through seventh grade, and now I'd like to get a job. I can play three instruments. What kind of work do you think I could do? Patty J.

ANSWER: Your first task is to improve your educational background. Have Mom or Dad talk to the principal of your school and try to make arrangements for a speed-up program. You are an intelligent young lady, and you should be able to finish grade school work, at least, with no difficulty. A business course in high school, or business school, would be my next recommendation. You are apparently quite a talented musician; keep up your music studies after school.

## Contract Bridge

By Josephine Culbertson

### MORE ON THE TAKEOUT DOUBLE

Earlier this week we commented on the fact that the average player "abuses" the takeout double by using it in inappropriate circumstances, i.e., when he is not prepared for the most likely response.

There are two sides to this matter, however, and the other side is that the takeout double must often be employed in lieu of an overall, simply in the interests of safety.

East dealer. Both sides vulnerable.

♠ Q763  
♥ 5  
♦ Q5542  
♣ 863

♠ AKJ9  
♥ 42  
♦ 84  
♣ A7

♠ 108  
♥ AKJ62  
♦ KJ9  
♣ QJ2

This was the bidding in a rubber bridge game:

East South West North  
1♠ 2♥ Dbl. Pass  
Pass Pass

West led his singleton spade; East won with the jack and played the ace and king. South ruffed the third round, and West got rid of another diamond (having discarded one on the previous trick). South made four of his five trumps by end-playing West, but the penalty was still rather substantial—1100 points.

It is ironic that the declarer in the hand discussed earlier this week suffered an 1100 set by using the takeout double improperly, while this declarer incurred the same penalty for not making logical use of the double.

The simple fact is that in this case South gave up safety when he overcalled East with two hearts instead of doubling one spade. The overall had the effect of placing all the North-South eggs in one small basket. South risked everything on finding heart support in partner's hand, whereas by doubling one spade he would be doing two highly desirable things simultaneously: 1) inviting the heart response that would suit him so well, and 2) making it possible for his own side to land in diamonds or clubs if North had length in either.

The first steamship on the coast of British Columbia was the Beaver, brought from England in 1855.

# WOMEN

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## Queen of the Calgary Stampede



Evelyn Eagle Speaker, 19-year-old Blood Indian girl who was called Princess Wapiti by the Calgary Elks, has been elected Calgary Stampede queen for the 1954 show. This is the first time an Indian girl has won this honor which includes presiding over many of the social ceremonies during the week-long Stampede July 5-10.—(CP Photo).



## ICE CREAM WAFERS

1 tin sweetened condensed milk  
2 lemons  
25 graham wafers  
Pastry coloring  
Shallow pan 8 x 10.  
Cover the bottom of pan with wafers. Mix the juice of lemons and milk well. Spread half of the mixture over wafers, then another layer of wafers.

Cover with the remainder of filling, after adding 6 drops of coloring.  
Cover all with wafer crumbs and let stand 24 hours in Frig. before using, cut into squares.

—Mrs. Lemont Hutt, Alberton South W. I.

## Morning Smile

At a very busy street corner traffic was roaring through. A man waited for a long time to cross but there was no let-up in the stream of traffic. After some time, he saw another man on the other side of the street. He called out to him: "How did you get over there?" The other man cupped his hands about his mouth and yelled back: "I was born over here."

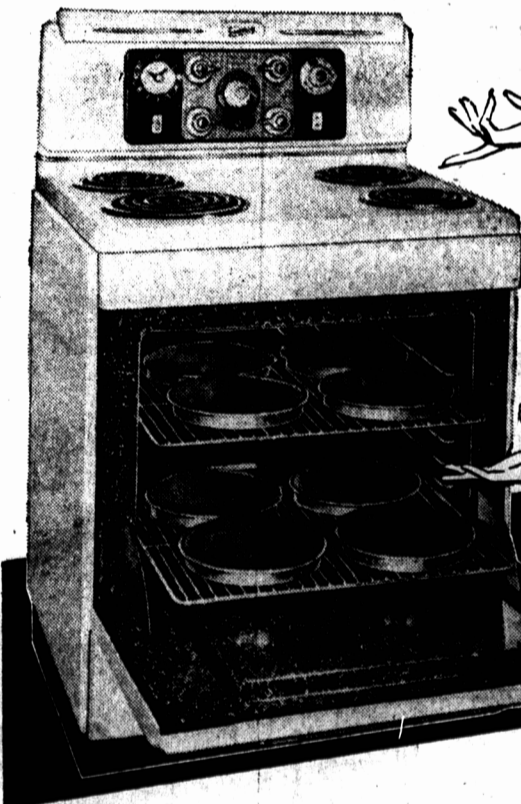
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