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).

Temper

PART II

The early temper spells disappear for a period of time, but usually reappear in bold fashion sometime during the four and five-year old period. The temper tantrums of children, four, five, and six years of age can be most disturbing, causing the parent to wonder if his methods have been faulty or if he has a "problem child" on his hands.

The new outbursts, following a period of more controlled behaviour, are indications of new growth and are not a "back track". In this period parents tend to become exasperated and a more rigid control usually goes into force. "Surely by four and a half he should be able to put away his toys", a mother says. In fact, his new laziness and resistance and boldness stem from a hundred new interests and abilities that he has just grown into.

From his point of view there isn't time to pick up his toys. There isn't energy enough to dress himself. He needs his energy to explore these new interests.

• • •

Affectionate assistance for him at this age may prevent displays of temper and a feeling of hatred of his parents. It can help him to become more responsible, as a result of which he will voluntarily take hold of many responsibilities during his fifth and sixth years.

If his temper spell causes an outburst on your part, it will only increase his opposition. Give him plenty of attention at other times, reading to him, talking to him, and spending more time in his company. When it is obvious that he is trying to make you give in to his wishes by a temper spell, it may be advisable to isolate him for a few minutes. And don't worry if he yells, "I hate you!" He will get over this habit of talking back, because he will eventually copy his parents' example of courtesy. He will learn to master his tongue also because he wants to be liked by his companions. It is possible to love and hate at the same time and it is better that your child express his hate. If you curb him sharply on this point he may become sullen.

The Child Who Is Sullen

If your discipline is too repressive and if not enough love is shown to your child he may become afraid to show even mild anger and develop a sullen or downtrodden manner. The behaviour of the sullen child is often overlooked as he is so quiet. He may not speak for hours if he has been denied something or he may mope alone in a corner.

All this is highly undesirable if we are aiming at his growing up into a mentally healthy, happy adult who will get along reasonably well with others. A sullen child gets into trouble in school because he has not learned to accept authority. An understanding teacher may help him. Or his entire school life may be one long struggle against discipline. Such a child needs more love, not less, for it is only on this basis that he can accept discipline. To meet his opposition with more force merely aggravates the situation and will not correct it.

Set A Good Example

Prevent anger from becoming a serious handicap to your child. As an adult you can't afford to have a "hair trigger" temper exploding every time things go badly. Avoid this type of behaviour in your child by setting a good example. See to it that he does not meet too many frustrations in early life. Be sure that his training and his opportunities are suited to his age level.

Anger is not something that you can eradicate from a child's nature, but you can help him to manage it.

(Next week's articles will discuss SHYNESS.)

SARDINE SALAD

3 cups shredded cabbage
1 cup diced celery
1 teaspoon salt
¼ teaspoon pepper
2 tins sardines (flaked)
½ cup mayonnaise

To shredded cabbage add celery, salt, pepper and sardines. Add mayonnaise and toss lightly. Chill. Serve on crisp lettuce leaf.

—Mrs. John Beer,
Clyde River W. I.

WOMEN

Woodside-Cousins Wedding

Mr. and Mrs. Delman Woodside with their attendants are seen above following their wedding at Darnley on May 27. The bride is the former Edith Cousins, daughter of Mr. and Mrs. Robert Cousins of Darnley, and the groom is the son of Mrs. Hilda Duggan of Kensington, and the late Roy Woodside. From left to right are Carmen Woodside, best man; Mr. and Mrs. Woodside, the bride and groom; and Mrs. Elmer Hickey, matron of honor. — **(Photo by Edwin Heckbert Studio).**

Archbishop Addresses Dietitians

HALIFAX (CP) — Most Rev. Gerald Berry, Catholic Archbishop of Halifax, told the Canadian Dietetic Association Wednesday night that young Canadians need to be "steeped in the vision of habitual greatness."

In the schools of Canada there was tremendous opportunity for inspiring children with the high ideals that spurred the men who founded Canada, the Canadian martyrs, who evangelized it and the Fathers of Confederation, who united the nation, Archbishop Berry said.

Orange Snow

The ideal accompaniment for any of the fruit snows is a custard sauce. Actually, it would be worth making the sauce as a complement for the pudding even if the home-maker doesn't have egg yolks on hand for the job. But there are two egg yolks left over in this case, and they couldn't be better used than in custard. However, cream is also delightful on the orange snow, with a soft mixture which just sets and no more.

Yield — 6 or 7 servings.
¾ cup fine granulated sugar
2¼ cups water.
Thinly-shaved rind of ½ an orange.
⅛ teaspoon salt.
5 tablespoons corn starch.
1 tablespoon butter.
½ cup orange juice.
1 tablespoon lemon juice.
2 egg whites.

Measure into a saucepan ½ cup of the sugar; add 2 cups of water, orange rind and salt; bring to the boil, stirring until the sugar dissolves; boil hard for three minutes; remove the orange rind.

Combine the corn starch and the remaining ¼ cup water; stir into the hot syrup and cook, stirring constantly until smoothly thickened; cover and cook over low heat, stirring occasionally, until no raw flavor of starch remains — about 5 minutes longer.

Remove from heat and stir in the butter, orange juice and lemon juice, cool to lukewarm.

Beat the egg whites until stiff but not dry; gradually beat in the remaining ¼ cup of sugar, beating well after each addition until meringue will stand in peaks.

Fold meringue into cooled pudding mixture.

Turn into individual dessert glasses. Chill until set before serving.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I have no doubt but what he will come, and I know that we are not going any place today."
2. What is the correct pronunciation of "philanthropic"?
3. Which one of these words is misspelled? Predicament, predecessor, predominence, pre-eminent.
4. What does the word "frailty" mean?
5. What is a word beginning with par that means "a model"?

ANSWERS

1. Say, "I have no doubt that he will come, and I know that we are not going anywhere today." 2. Pronounce fil-an-throp-ik, both i's as in it, a as in an, o as in on, accent third syllable. 3. Predominance. 4. State of being easily tempted; a moral infirmity. "May we always look upon the frailties of others with the same eyes we look upon our own." 5. Paragon.

AGILE OLDSTER

FORT WILLIAM, Ont., (CP)—Step-dancing by M. Winters, 82 years young, was an entertainment feature of the Whitefish Valley Agricultural Association dance.

That Body of Yours

By James W. Barton, M. D.

SOME REMARKS REGARDING SURGERY OF THE STOMACH

A considerable number of stomach operations result in a distressing amount of complaints which probably have nothing to do with the original condition but are a result of the operation. Although the loss of a small part or even all of the stomach may seem a small price to pay to avoid the consequences of the return of an ulcer or a fatal cancer, yet a significant number of patients show inadequate nutrition to the point of being incapacitated.

I am quoting Drs. Edwin H. Ellison and Robert M. Zollinger, Columbus, Ohio, in the Journal of the American Medical Association. These physicians state that those who look after patients after stomach operations have long been impressed by the problems they present. These problems are loss of or lessened appetite, smaller size of the stomach, frequent discomfort after meals, a large number of foods to which the patient is sensitive, and diarrhoea. These may result in a significant weight loss or the inability to gain weight and sometimes prevent the patient from being able to earn a living or take his place in the community.

They studied a group of patients from one to six years after a stomach operation. The youngest patient reported on was 20 years old and the eldest was 75; the average was 52 years. There were 162 men and 41 women and of the total number there were 163 cases of duodenal ulcer.

Records of weight gain or loss were used as an index for the state of nutrition. Over one-half, or 109 of 203 patients, failed to regain their previous weight and, furthermore, a total of only 16 reached their maximum weight that they had before operation.

Of importance is the fact that the weight following operation was found to be below the minimal standards for sex, age, and height in 127 of the total cases and in one of every four patients the weight loss was considered extreme.

In summing up, these physicians found that the patient's weight after operation had a definite relationship to his weight before in that those who were always underweight did not put on any weight after operation in any single case. Those who had had an ideal weight before operation had a much better chance to regain that ideal weight after operation. The type of operation the surgeon selects should be so decided with the weight of the patient in mind. Some types of surgical procedures on the stomach do not seem to cause as many after-effects as others and must be carefully chosen especially in cases who are underweight before operation.

Modern Etiquette

By Roberta Lee

Q. If the friends of a teen-age girl are permitted to stay out late, should her parents insist upon her being home early?

A. This depends upon circumstances. It would be unfair to make your daughter the exception for very special occasions, such as her school dance. But at other times, it is up to the parents to set the deadline they think wisest.

Q. Does it matter in which direction serving dishes are passed around the dinner table?

A. It is most practical to pass these dishes toward the right, or counter-clockwise.

Q. Is it proper for the bridegroom to hand the clergyman his fee?

A. The proper procedure is for the bridegroom to allow his best man to handle the fee.

DOROTHY DIX
Teen-Age Girl Seeks Advice

DEAR MISS DIX: I seem to have trouble getting second dates with boys. I'm a fairly attractive high-school sophomore, have no difficulty getting along with my family or girl friends, but would like to know how to be more popular with boys. My older sister definitely doesn't have this problem. She tells me my trouble is talking too much about myself, laughing too loudly and being too quick to criticize. Do you think she could be right?

Lola D.

HELPFUL ADVICE

ANSWER: You are fortunate indeed to have a sister so helpful. Most people avoid telling the truth in a case like this, because they don't want to hurt anyone's feelings; yet honest and constructive criticism can often turn the tide to the other person's decided advantage. Apparently your sister is right in her judgment, since you don't question her conclusions. In your relationship with boys, you have been putting too much emphasis on YOU and neglecting the young men. Reversing the order isn't difficult.

Prepare a little formula for yourself and keep it in mind. Something like the following is what you need:

1. I will not brag about my own achievements; in fact, I won't mention them first. If the boy compliments me on a school honor, or the like, I'll acknowledge graciously his comment, then turn the conversation to something HE has done.

2. I will not under any circumstances pass a derogatory remark about anyone. I realize I have a tendency to enlarge on the failings of my schoolmates, teachers, and friends. To curb this inclination will be my main endeavor.

3. I will not expect to be the center of attraction for the entire evening, rather will I do my utmost to see that my date has a pleasant time. I will make a sincere effort to be a pleasing companion, instead of trying to impress him with the fact that he's lucky to have me out—as I have done heretofore.

4. In making arrangements for the evening, I will give consideration to the state of my date's finances, the use of the family car, and returning home at a reasonable hour. My lack of consideration in these respects has, I am sure, caused family difficulty for my dates in the past.

Now, Lola, go on from there. With your kind sister's help, make an analysis of your trouble, then try to turn each fault into a virtue.

DEAR MISS DIX: Could you suggest how I might sell fancy work and crocheting?

F. H

ANSWER: Working through a local outlet is usually the most effective means of disposing of such work. Contact local gift shops, or specialty stores, and ask them to put your work on display. In return, they would get a percentage of whatever the work sells for. If you make baby things, put the same suggestion to the proprietor of a baby apparel shop. Another idea would be to watch the birth announcements in the paper, write a short letter to the mother, briefly describing some of the things you have and asking if you might bring them to her. One satisfied customer soon leads to another.

ELLEN'S DIARY

by an Island Farmer's Wife

And what of this day which now closes? When the week ebbs, washing far out to join those ages of time that are past: the old years full of history and the more recent too with their share. . . What think we, will they record of us farmwives, we whose hours are so filled with inconsequential items of living? Will any historian credit us with brave doings? Will they note for the inspiration of succeeding generations how faithfully in our time we helped hold the farm-lines, the life line of the country and nation? Baking our loaves and attending to our round of work to stay the strength and spirit of the farmers. Should they not record perhaps that we mothered sons who knew and respected the ways of the farm and daughters to prove their worth "for better, for worse" as farm-partners even as we before them had done? History will keep little of this. Only we ourselves know it was good to have lived and maintained the especial niche that is our responsibility and blessing in days such as these on the farms.

For the June days bring such nice things: weddings, births, loved anniversaries. Today returned a little boy's anniversary of birth. He, like Granddaughter was born in the season of cherry blossoms and is but a few days her senior. To a neighboring farm he came "bringing his love with him" to make in no time at all, with his sister, members of the trio who go out along the hill beyond Alderlea, to attend classes in the old school which is prettily located down the River Road.

• • •

There was a temporary parting from old friends and familiar scenes for one on a neighboring farm when Mrs. A. left every glory of this Island June-time this morning to holiday "abroad". a well-earned vacation, however, this is, one which is taking her with friends by car to visit loved ones in the Land to the South. But in her absence, we fancy, the fields of that farm, there where the cows pasture in content, and above on the slope where now is misty green of the new grain and on over the rise are lonely and the millstream we think moves more slowly now that she is awa'.

Does she, we wonder, notice how winsome is the crescent of moon which climbs now the night's quiet blue? Or the sparkle of the evening star which came to us here in the fading afterglow above the dark spires of a woodland? To wish, maybe, "Star light, star bright" that all would be well with her and in that Island home she has known so long—all kept safe and sound for the joy of her return.

• • •

What has June done to the spring dandelions? Given to some silver tresses, light and magical so that the children may "Take me up in their dimpled hands and blow my hair away." But now are lilacs, and cherry blossoms — and the wonder of new-hatched chicks beneath a mother's wide wings.

"Did you ever see anything prettier or half as sweet?" Gage queried, holding the velvet down of one against a young cheek.

Pretty . . sweet? Ay, the spell of waning spring on the farmlands.

Until tomorrow — — — Diary — — — — Good-night. . .

The Stars Say

By Estrellita

For Tomorrow

THIS day is an excellent one in which to try out new ideas either in your job or in household matters and domestic concerns.

The results should be surprisingly good, since current vibrations will give you the determination and enthusiasm to overcome any possible opposition.

The afternoon hours especially favor creative talents and hobbies, but take time to make detailed plans before starting any project.

Be sure, too, that any agreements or decisions you make are clearly understood by all concerned. Have them in writing.

For the Birthday

If tomorrow is your birthday, the prospects for the year ahead are excellent.

Constructive and imaginative ideas should win support and encouragement from superiors and, while you may have to revise some of your plans during September and October, do not permit this necessity to irritate or cause you anxiety.

On the contrary, try to remember that the efforts expended while fall configurations are in effect can well lead you to new goals and ambitions.

Your horoscope also promises a vast improvement in your financial status, not only as a result of some unexpected monetary gain, but through excellent opportunities to lower expenses. These good influences will prevail until the end of the year so make the most of them in the interests of future security. Social and domestic affairs will also be under excellent aspects for the balance of the year.

A child born on this day will be affectionate and gregarious, but will dislike all forms of drudgery and monotonous work.

SPECIAL Perfection ICE CREAM FRESH PEACH

How Can I?

By Anne Ashley

Q. How can I easily remove all grease and dirt from painted walls?

A. Use two pails of lukewarm water; wet a cloth and sprinkle with baking soda; wash a small space, then rinse with clear water and wipe dry.

Q. How can I freshen the atmosphere of the house?

A. The atmosphere of the entire house can be freshened by applying unslaked lime with a garden spray to the moldy cellar walls.

Q. How can I remove fruit stains from the teeth?

A. Remove the stains at once by rubbing them with a little salt.

Morning Smile

Two stout, middle-aged women, having successfully dodged their way across a street roaring with fast-moving traffic, paused panting on the curb.

"Well" demanded one of them, "where do we go from here?"

"Let me think", begged the other. "I'm so thrilled getting safely across that I've forgotten what I came over here for."

Household Scrapbook

By Roberta Lee

Marshmallow Sandwich

Thinly butter a few round crackers. Place a marshmallow in the center of each with just a little butter on top. Place in the oven until the marshmallow spreads over the cracker and becomes slightly brown.

Marble Stains

Acid stains on marble can be removed by rubbing with ammonia. One should avoid allowing any acids such as lemon, come in contact with marble.

Restoring Silk

Black silk can be restored by sponging it with clear, strong, cold tea. Then iron while the silk is still damp.

W.I. Executive Hold Meeting

A meeting of the Provincial Executive of Women's Institutes was held June 7 in the Institute rest room, Mrs. M. J. Doyle, president, presided.

The meeting opened by reciting "The Institute Creed." Final arrangements for district conventions were dealt with. An executive member will attend each convention as well as the supervisor or her assistant.

Mrs. Harold Laird gave a report of the F.W.I.C. executive meeting she attended in May, at Ottawa.

The annual convention prgram was arranged. "The Chicken Barbecue" will be served, again this year at the Experimental Farm. The annual convention will be held in Prince of Wales College Auditorium as usual. The dates of the convention are July 8 and 9.

A report from Miss Lena MacLure, W. I. representative in England was read by Miss M. Robin.

Contract Bridge

By Josephine Culbertson

MISCONCEPTIONS ABOUT SIGNALS

South dealer.
East-West vulnerable.

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

The bidding:

South	West	North	East
1 ♣	Pass	1 ♦	Pass
5 ♣	Pass	Pass	Pass

Many players—perhaps most—have the wrong idea about signalling with high or low cards. Let's review a too-typical case:

South was extremely optimistic when he leaped to five clubs, bypassing the notrump and the major suit levels, but perhaps he was gifted with second sight.

West made his natural lead, the spade king, and East followed suit with the deuce. South (as he said later) considered dropping the queen, but he thought better of it and played the three. In all probability, this didn't matter much; West obeyed his partner's command to desist, shifting to a heart.

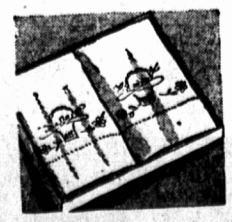
That was all South needed. Winning with the heart jack, he risked three rounds of diamonds, discarding his spade queen, and when that move went off nicely he could well afford to lead trumps and give East his ace.

It may be thought that West was responsible for this outcome because of his failure to cash a second spade trick, but this view ignores realities. East's play of the spade deuce on the opening lead was inexcusable. He knew — West did not know—that he (East) could not stand a shift to either diamonds or hearts, and certainly, if East discouraged a spade continuation, his partner could scarcely shift to trumps. Thus, holding the trump ace, East should have been extremely anxious to see his partner put down another high spade if he could, and the way to see that was not to discourage a continuation!

The play of a very low card by one defender does not merely deny a high card in the suit—by implication it announces the desire for a shift, and the ability to support the right shift.

Special Value!
Printed Rayon
TABLE CLOTHS
Made from good quality closely woven rayon yarn, in assorted designs. Size 52 inches square.
2.98

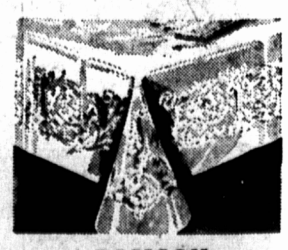
Quality and good value in our LINENS!



Maderia
PILLOW SLIPS
Hand embroidered dainty designs on fine muslin. Individually boxed to make an attractive gift.
3.98 PAIR

Colorful Printed Cotton
TABLE CLOTHS
"What's Cooking" in assorted Kitchen Utensil design, a colorful accessory to your breakfast table. White ground with colored borders, in size 52 inches square.
2.98

Special!
PEPPERAL COLORED
PILLOW CASES
Plain hemmed, fine muslin, in dainty pastel dream shades. Attractively boxed. Size 42 inches. Colors rose, blue, peach, and nile.
1.98 PAIR



DAMASK
TABLE CLOTHS
Gleaming, jewel-toned cotton and rayon Damask from Ireland, in floral design with colorful, contrasting border. Colors ivory, gold, green, and peach.
Size 52 by 52 ..... 2.98
Size 52 by 70 ..... 3.98

S'SIDE HOLMAN'S CH'TOWN

Queen Elizabeth II Spoon!
Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium inside each giant package of NEW BLUE Super Suds.
Ask your grocer for it – or mail 25c and any Super Suds box top, along with your name and address and your grocer's name, to: Super Suds, P.O. Box 1010, Aurora, Ontario.
Windsor pattern
Richly embossed head
Start a collection