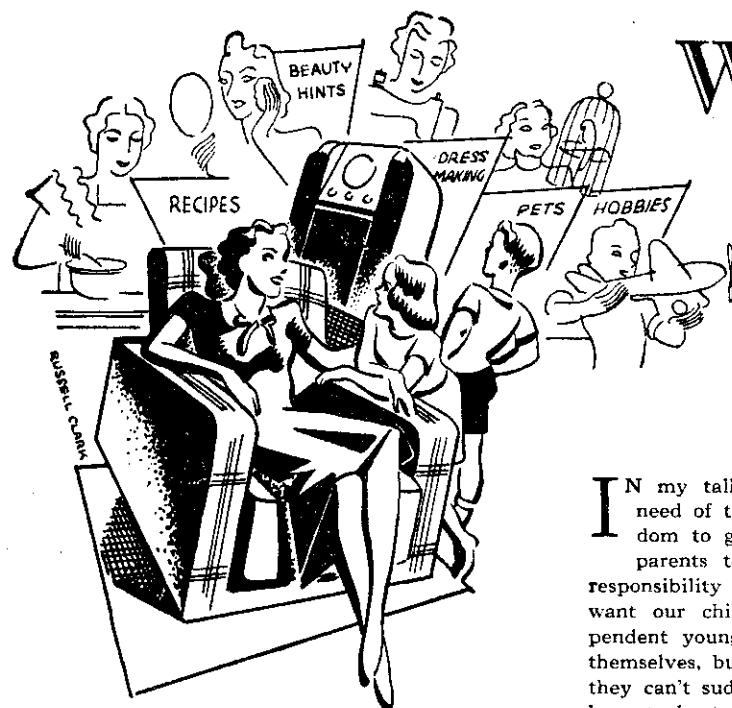


Women and the Home



Radio is the slender wire that brings the world and its affairs into the tiny kitchens and living rooms which hitherto had isolated so many housekeepers in the performance of their duties
—Margaret Bondfield

Helping the Child To be Independent

Summary of a talk by
MRS. C. E. BEEBY (VI.)

IN my talk last week I said that the greatest need of the child, whatever his age, is for freedom to grow, and that it's part of our job as parents to give him more freedom and more responsibility as his powers develop. I think we all want our children to grow into self-reliant, independent young people who can face the world by themselves, but I'm afraid we sometimes forget that they can't suddenly plunge into independence—they have to be trained to it gradually. . . . We have to begin training the child to be independent when he is quite young, so let us think of some of the ways by which we can help even the tiny child to rely on himself rather than on us. Of course, we can't give the child under five much freedom or responsibility, but there are all sorts of ways in which even a toddler can begin his training in self-reliance.

Here's a good rule for parents—let your child do as much for himself as early as possible. Don't force him into independence, but encourage it whenever you can. Let him feed and dress and wash himself even if it is a much slower and messier business. . . . Give him a small stool to stand on, so that he can

reach the basin to wash himself, a low hook for his towel, a low shelf on which to keep his toilet gear, clothes that he can undo easily—all these things, and lots of others that you will think of, will help him to be able to do things for himself. . . .

It's a good idea to let a child get used to having other people to look after him as well as the mother, then he doesn't become completely dependent on her. You've all seen the child whose mother has never left him—and then for some reason she suddenly has to leave him. You know the dreadful scene that happens—the child screaming his head off and the mother tearful and upset because her baby is going to be so unhappy. It's very much wiser to see that the child is used to having other people look after him sometimes. Other members of the family should occasionally bath him and give him his meals, and most fathers like having a turn now and then.

There are a few parents who imagine they're being kind to a child by taking all difficulties out of his way. But they're really being very unkind, because they're going to make it harder for him later on. Nobody can avoid difficulties all his life, and the sooner we learn to face up to them the better. . . . So if you want your child to grow up independent and self-reliant, don't do everything for him and take every difficulty out of his way. Help him, of course, if he needs it, but don't teach him to depend on someone else to do all the hard things for him.

(To be continued)

These Should Interest You:

Talks prepared by the A.C.E., Home Science Tutorial Section, the University of Otago:

"How to Run a Business Meeting": Monday, August 7, 1YA 3.30 p.m.; 2YA 3 p.m.; 3YA 2.10 p.m.

"You—NEED—Milk": Thursday, August 10, 1YA 3.30 p.m.; 3YA 2.30 p.m.; Friday, August 11, 2YC 3.0 p.m.

"Vegetables—With a Difference": Wednesday, August 9, 4YA 3.15 p.m.

"Why Be 'Well Groomed'?": Friday, August 11, 4YA 3.15 p.m.

*Leaves From a Backblocks Diary—A Few Essentials": Mrs. Mary Scott. Friday, August 11, 2YA 8.44 p.m.

*Early New Zealand": Discussion by Mrs. L. G. Pocock and Miss A. M. F. Candy, M.A. Wednesday, August 9, 3YA 7.35 p.m.

*For the Home Gardener": Talk by the Gardening Expert. Wednesday, August 9, 2YC 7.30 p.m.

*Trees and Beauty": Josephine Clare. Monday, August 7, 3ZR 3.0 p.m.

*Basketball": Talk by Miss L. Hallamore. Monday, August 7, 4YZ 8 p.m.

Robber in the Woods

Here is a recipe as described for us by the chef who was recently interviewed from 2YA. He served it once to a gathering of film stars in Paris, including Greta Garbo and Wallace Beery.

Take a piece of very good beefsteak, cut it round to the size of half-a-crown, place it on a skewer, add a round of onion, and build up the dainty with rounds of pork, lamb, veal, venison, alternating them with onions. When they are placed on the skewer dip it in boiling fat and then remove and grill. Serve on the skewer.

What Would New Zealanders do in August?

In a recent broadcast talk to the children from 2YA "Ebor" said: "The rose was the emblem of love. In old England a young man would give his lady a rosebud, which was the sign of a confession of love. If she accepted and wore the bud she was supposed to love him in return. As time went on he would then give her a half-blown rose, and this was again followed by one full bloom, which was a sign they were engaged. If the lady wore this one she was considered engaged for life."

Prevention is Better than Cure

Here are some points which you may have missed from the recent A.C.E. talk on "Can Sea Foods Combat Goitre?"

"The most convincing evidence of the protection given by sea foods comes from a nurse's home housing an average 170 young women. Amongst these women goitres were previously common, and the

numbers increased during the training period. Iodised salt was used exclusively for eight years, and this decreased the number of goitres which developed, but was only partially successful as a preventative. But since the addition of sea foods in the form of powdered seaweed extract, some three years ago, no goitres have developed and existing goitres have decreased in size. . . .

Boys and Girls

This week, boys and girls will find their items of news in a special section on page 27

"And now a brief word to point out the most valuable of the sea foods. Seaweed is, of all foods, the most useful for this purpose, and one can use seaweed in the form of Carrageen or Irish Moss, or powdered seaweed extracts which are sold under trade names. Among fish, the kelp feeders are better than the carnivorous fish. Hence Greenbone leads the list; oysters, and other shellfish are high up, too, as also is tinned salmon. Cod-liver oil is also excellent. The other fish are less valuable but not to be scorned by any means.

"It costs very little indeed to add seaweed extract to the diet in the necessary amounts, so, really, even if one lives far inland where fish is too expensive for regular use, everyone can secure the protection which the sea so generously provides."



WEEKLY RECIPE

FRENCH OMELETTES

Put the eggs (one egg per person) into a bowl with some seasoning, beat very slightly with a fork. Heat your pan, which should be made of iron and rather heavy. Put in a walnut of butter and when it's sizzling add the eggs. Reduce the heat: this can be done by moving the pan about. Jab the egg mixture with a fork so that the uncooked egg gets to the bottom of the pan. In a minute the omelet will be cooked. Fold in three, and slide on to a hot dish. The correct appearance of an omelet is yellow, not brown, and it should look dampish outside, and be slightly runny before you fold it. To vary the flavour, rum, sugar, or chopped herbs may be added to the uncooked egg mixture. Chopped cooked mushrooms, asparagus, ham, diced fried bread, diced potatoes, or jam, warmed, can be placed on the omelet before folding.