

REMEMBER THEM!

When New Zealanders all over the world open the quarterly gift parcels sent to them by the Patriotic Organisations they appreciate the fact that the people of New Zealand are remembering them. It is obvious that the gift parcels, like the sports gear, writing paper, mobile cinema shows and concerts, recreation huts, comforts for prisoners and the wounded, and all the other little extras can only be provided so long as you continue to remember and give. Keep it up—

Give regularly to Patriotic Fund Appeals



FEEDING DIFFICULTIES WITH CHILDREN



(Written for "The Listener" by DR. H. B. TURBOTT, Director of the Division of School Hygiene, Health Department)

THERE are a lot of mismanaged children in our land. You'll know of homes where there is constant scolding of children, constant disobedience, and where the children have poor appetites, too few hours of sleep, are fretful, and throw temper-tantrums. A proportion of these children later become delinquents and get into bad ways. These mismanaged homes develop because of lack of knowledge on the parents' side, lack of knowledge of parentcraft. It takes skill and sacrifice by the parents to steer that happy course in raising children that leaves them self-reliant instead of too dependent, growing up as healthy, contented little animals, with good instead of bad habits. That parent skill is based on knowledge. That knowledge should really be given to all children in our schools, before they become parents, so that they make informed and good ones.

Most of us didn't get that instruction. Instinct, rule of thumb, and memory of our own upbringing guided us. Even the best-intentioned mothers and fathers have ended up with "bad-habit children," pickers at food, bed-wetters, and so on, all because they lacked knowledge of how to deal with such things when they first raised their ugly heads. The wrong actions at the first signs of bad habits, instead of correcting, end in confirming and fixing the very things the parents wish to avoid. And some of these things begin so early in life that the mother misses the right action unless she is forewarned by parentcraft knowledge. Let us take feeding difficulties in children. For example, likes and dislikes begin early. Mother's task is to dodge dislikes and develop likings. This is how it is done:

Introducing New Foods

From six months onward, baby has offered to him a range of foods other than milk—at first as juices and purées; later at weaning time, in solid form. This is a critical period. It's then that baby learns to like or dislike various foodstuffs. He has been used to milk with its bland taste. Some of the foods

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Cream?

Don't let the cream shortage worry you. Use "Sunola" Creamy Cup on your fruit and puddings instead. Ready for the table in five minutes. "Creamy," "Raspberry," and "Lemon" Flavours. All stores.

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