

Get Ready For School

It's time to get your youngsters ready for school — and that means more than just buying or making a new wardrobe.

Your first grader has really been getting ready for school all his pre-school years, says Mrs. Mary Keller, extension home economics agent for New Castle county. But this first year in school means new children, new adults, new places, new things to learn and do, new rules and new rewards.

You can help by letting him know what he can expect. Naturally, a healthy, happy child will do his best at whatever job is put before him.

Good health is vital for all children going to school — no matter which grade. However,

unless your child is ill or has something specific wrong with him, it's easy to forget that health care is needed.

Regular physical examinations means an established medical history. Such a history is valuable as your child grows; it will help the doctor practice preventive medicine.

Take time to see that your youngster has proper immunizations to protect him from disease, recommends Mrs. Keller. Most children receive these shots and vaccinations as infants, but be sure yours has the necessary booster shots for protection. A medical history will contain a detailed record of immunizations and make it easier to time booster treatments.

Sight and hearing influence almost all children's activities. All too often, a youngster is in school several years before parents discover the child needs corrective treatment for eyes or ears.

A child who seems sullen or an uncooperative daydreamer sometimes actually can't hear enough of what is being said to hold his attention, let alone learn. A child who needs glasses may not be able to see the front of the classroom well enough to do a good job. Have your doctor check for eye and ear problems before another school year begins.

Teach your youngsters those routine health habits that guard against illness. Little things are important like washing hands before eating and after going to the bathroom, or covering mouth and nose when coughing or sneezing.

A good diet and adequate

Consumers Using Imitations - Non-Milk Drinkers

Testifying before the USDA's continued hearing in Memphis recently, Professor R. C. Sedgwick of Syracuse University, quoted from a survey consumer preference he conducted for an imitation producer-distributor in the Phoenix-Mesa, Arizona, markets: "The imitation product is bought principally by consumers who had not previously bought cow's milk; among 2,240 direct inquiries 89% said their purchases of imitation had no effect on usage of cow's milk, while 10% said the imitation encouraged them to buy more milk." Sedgwick's survey (Western Milk & Ice Cream News, June 21), "indicated that the usage of imitation milk drew most heavily from the soft drink volume, not milk; and if the price of milk advanced drastically, a preponderance of consumers would switch to powdered skim or evap rather than the imitation."

The "new" math is a great boon to parents, who are automatically absolved by its mysteries from helping with homework.

rest are needed for any child to do well at school. For instance, most first graders need ten to twelve hours of sleep every night to do their best the next day. Don't let summertime evening play or TV-watching habits rob your child of energy.

A well-fed child grows strong, has lots of energy and feels well cared for, emphasizes Mrs. Keller. Good diets need not be costly, they just require a little more thought and work.

Isn't your child worth the extra time and effort to get him truly ready to do his best at school this year?



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11:00 A.M.

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HOUSEHOLD GOODS

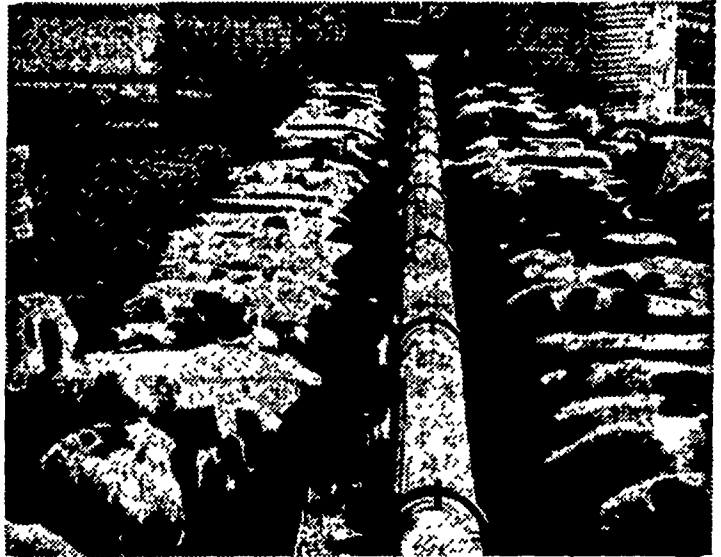
2 wheel camping trailer that sleeps 6; Maytag wringer washer; refrigerator; 2 metal wardrobes, studio couch; single bed springs; 3-pc. living room suite, reclining chair; White sewing machine; 2 guns; Call of the Wild record player; also other articles not mentioned.

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