

Outlook on Lifestyle

Features unavailable

The page of Children's puzzles and games originally scheduled for this page has been delayed at the source. The syndicate which created the feature assures Outlook editors the material will be available for next week's edition. Meanwhile, the lucky winner of the Find the

Mistakes puzzle is Nell Stoford, 9, of 67 Irwin Crescent, Georgetown. Nell is entitled to two free videos, courtesy of Video Station, Guelph Street, Georgetown. Again, Outlook editors regret the unavailability of youth page features. Look for them next week.

Library On Review

Introduce your kids to treasure of books

"I believe that the years from five to eight are crucial ones for producing readers, and that producing readers is a critical undertaking for the human race. Books are rooted in language, and language is the raw material of thought. If we want our children to do their own thinking, we must ensure that they learn to use language precisely, sensitively, flexibly. This means they must read."

So concludes Dorothy Butler's sensitive, encouraging and very readable guide to books for children between the ages of five and eight years. She addresses a general audience of parents and other interested adults. In the field of parental guidance in children's reading, she fills a gap. There are many other excellent books available on this subject, notably Michelle Landberg's *Guide to Children's Books*, *The Read Aloud Handbook* by Jim Trelease, and *Parent's Guide to Children's Reading* by Nancy Larrick. These, however, treat a wider span of childhood reading, whereas Dorothy Butler focuses on the child who is beginning to master reading skills.

Hers is a discursive list of recommended titles, chock full of practical advice on encouraging children to develop the reading habit. She believes that learning to read is too important to be left to chance, or to schools, and that parents, whose influence in children's lives eclipses that of all officials and institutions, should take positive action to ensure that their children become fluent, joyful and voluntary readers. She convincingly persuades parents to continue reading aloud to their children during their school years - or to begin, if the practice has not been established earlier.

The main body of the work devotes a chapter to each year from ages five to eight. Each chapter begins with a sketch of the intellectual, social and cultural characteristics which develop within each stage, followed by suggested books to be introduced at those times. The author's age-group divisions are never rigid, and she recognizes that a great deal of overlap is bound to occur. Many books which eight-year-olds can read to themselves will be enjoyed by younger children, and some six-year-olds, of course, read as fluently as eight-year-olds.

Guides of this type are highly personal, and can only include a fraction of what is published for children. Dorothy Butler's selection includes such well-worn favorites as *Black Beauty*, *The Jungle Book* and *Alice in Wonderland*. Indeed, for such a recent compilation, the high proportion of older titles (many of them out of print) struck me as curious. In a similar vein, the author's emphasis on folk and fairy tales far outweighs mention of contemporary novels or non-fiction. Many of the books recommended are little known or unavailable in Canada, and tend to reflect a strong British influence. There are no Canadian books represented in this collection!

All this is not meant to undervalue the book's worth, but to point out that the choices of titles included are the preferences of one individual. Dorothy Butler is a passionate advocate of children's literature, and has written two other excellent guides for parents of younger children - *Babies Need Books* and *Usula and her Books*, both of which are available in the Parent Corner of Halton Hills Public Libraries.

Submitted by Jane McQuarrie

Lipomas is rarely tied to pregnancy

DEAR DR. GOTT - I have lipomas that increased during pregnancies and decreased during and after lactation. What type of doctor can determine if the lumps are caused by a hormonal imbalance?

DEAR READER - Most experts have not noticed a relation between lipomas (fatty tumors) and pregnancy. An endocrinologist is the specialist you should see to evaluate a possible hormonal imbalance.

DEAR DR. GOTT - I have a tender, egg-sized lump across my pelvic bone. I'm 56, female, 165 pounds and 5 foot 7. What could it be?

DEAR READER - I don't know. You haven't given me enough information to draw a conclusion. I think that you should be examined by a doctor to find out what is causing the lump.

DEAR DR. GOTT - I have a terrible itching under the skin of both arms. Scratching doesn't help - in fact, many times it makes blood break out under the surface. Creams and lotions don't help either. I've been taking 10 milligrams of prednisone daily for 20 years. It's the only thing that keeps my asthma under control.

Is the itching curable?

DEAR READER - Itching (pruritis) has many causes. I suggest that you see a dermatologist to discover the reason for your problem. Predni-

sone, a form of cortisone, is not likely to cause pruritis. However, you are taking a large dose, and this may be



Your Health

Dr. Gott

harming you in other ways. Prednisone can cause diabetes, high blood pressure, brittle bones, behavioral changes, bruising and susceptibility to infections.

It is useful in treating asthma, but the benefits must be weighed against the risks. A type of prednisone can now be administered in an inhaler for asthmatics. Ask your doctor about this; it may control your asthma and enable you to reduce or omit the pill form of prednisone. Because less of the drug is absorbed when inhaled, it is a safer alternative.

Dr. Gott's new Health Report, **WHAT YOU SHOULD KNOW ABOUT SKIN CANCER**, tells how skin cancer can be avoided, identified and treated. For your copy, send \$1 and your name and address to P.O. Box 91428, Cleveland, OH 44101-3428. Be sure to mention the title.



It was resource workshop time for Cubs last week and those who attended the north Halton event learned all about making rope, collecting stamps, trucks, sea and diving and -- of course -- computers. Here, Paul Schiek, Wyatt Macdonald and Michael Cooper, looking on at a personal computer. (Photo by Jean Layman)

SCOUT, GUIDE WEEK

February 15 to 22 will be observed by all North Halton District Scouts and Guides.

Many activities are scheduled to celebrate Scout/Guide week including church parades, banquets,

presentations and displays in the meeting halls to honor Lord and Lady Baden-Powell.

Lord Baden-Powell, the man who founded both Scouting and Guiding, had his wife Olave Lady Baden-

Powell, the lady who helped spread Guiding around the world. Both had the same birthday, February 22.

Two of the largest youth organizations in the world will continue to grow and the "Spirit Lives On".

Halton woman has big role in provincial Guide event

A weekend with 600 Guiders from all over Ontario may not be something everyone looks forward to, but it's something Diane Crawford of Georgetown is looking forward to.

The Halton Division Commissioner has a big role to play in this May weekend in Toronto. Mrs. Crawford is the chairperson organizing the event. The event is called the Ontario Provincial Annual and brings Guiders together to share guiding ideas, crafts and activities.

Mrs. Crawford has been in guiding for a long time, starting as a Brownie, then Guide and Cadet in Kingston, Ontario. She continued as a Guide leader despite moves to Peterborough, Toronto and finally Georgetown.

From Georgetown West District Commissioner, a post she held for five years, Mrs. Crawford moved in to her current role as Halton Division Commissioner. This is her fourth year in this position.

Guiding has given this mother of three many opportunities to grow, travel and learn about others. As a Cadet, Mrs. Crawford attended an International Guide Camp where she met Guiders from around the world, and even Lady Baden Powell, a founder of the Guiding movement.



In travels to Europe and England she represented Ontario Girl Guides, and recently took 15 Pathfinders to Mexico.

Camping has also made for some fun times in Guiding. Mrs. Crawford has all her camping qualifications and has been on staff at unit, district divisional, area and provincial Guide camps. A few years ago she was a Guide Camp Chief at the local Girl Guide/Boy Scout weekend camp "Seagull".

Along with holding the Halton Division Commissioner title, Mrs. Crawford keeps busy helping in a Brownie Pack once a month, holds down a part time job, and finds time for her children and husband Bob. Guiding is a family affair for the Crawfords. Her husband Bob was in Scouting as a youngster and was a

Scouter for a while. Their three children have been active in Scouting and Guiding since they were old enough to join.

Robbie, now 11, joined Beavers when he was six. He "swam" up to Cubs and earned his "5 stars". He is now in his third year Scouts and is a Patrol Leader and Troop President. He has had some super experiences, including attending the Canadian Scout Jamboree in 1985 and going on an adventurous canoe trip last summer. His favorite Scouting activity is camping and he hopes to be a Venturer next year.

Scott is 11, and joined Beavers when he was five. He was a "5 star" Cub and is in his first year as a Scout. He enjoys Scouts and has already gone on several Scout outings.

Elizabeth is a third year Brownie and is a sayer in the 11th Georgetown Brownie pack. She has nearly finished her Brownie program in May. Elizabeth has camped many times as a "stall child", but last summer she had her first experience of going to Brownie camp for a week as a "real Brownie". Elizabeth says the best thing about Brownies is Everything and her Brownie Leaders.

Edible Valentine Hearts a Treat for Chocolate Lovers

This Valentine's Day treat your loved ones to the great taste of chocolate with a touch of tradition.

These Valentine Hearts are easy-to-make and sure to please. Turn an old favorite recipe into a special edible Valentine by adding your own creative touches. Decorate it with that certain someone's name, a pretty flower or a bow and these homemade hearts will show you care in a delicious and delightful way.

Basic ingredients and a simple recipe will entice bakers of all ages into the kitchen. Let the kids have some fun creating their own chocolate greeting

for Dad or friends. For the finishing touch line a box with a paper doll, and some lace or ribbon and your Valentine Heart is ready for delivery.

VALENTINE HEARTS

- 1/2 cup (120 ml) 2% milk powder
- 1 cup (250 ml) sugar powder
- 1/2 cup (120 ml) oil
- 1 cup (250 ml) butter or margarine
- 1 cup (250 ml) FRY'S COCOA
- 2 cups (500 ml) sugar
- 4 eggs
- 1 1/2 cups (375 ml) vanilla
- Fudgey Corona Frosting
- Decorative Frosting

Mix together flour, baking powder and salt. Melt butter in

a large saucepan. Remove from heat. Stir in cocoa. Blend in sugar, eggs and vanilla. Blend in dry ingredients. Pour batter into greased 15 x 10 x 3-inch (2 1/2 x 2 1/2 x 3/4-inch) jellyroll pan. Bake in preheated 350 F (180 C) oven 20 to 25 minutes. Cool completely. Frost with Fudgey Corona Frosting.

Using a heart-shaped cookie cutter make imprints of the cutter on the frosted brownie layer. Carefully cut around imprint with a sharp pointed knife. Pipe Decorator Frosting onto hearts to form attractive designs. Makes 1 part.

Fudgey Corona Frosting: Melt 3 tablespoons (45 ml) butter or margarine in saucepan. Remove

from heat. Stir in 1/4 cup (60 ml) FRY'S COCOA and 1-2 teaspoons (2 ml) vanilla. Alternately blend in 2 cups (500 ml) sifted icing sugar and 1/4 cup (60 ml) milk until frosting is smooth and of spreading consistency. Makes about 1 cup (250 ml).

Decorator Frosting: Heat together 2 tablespoons (30 ml) softened butter, 1/2 cup (125 ml) icing sugar and 1-2 teaspoons (2 ml) vanilla until smooth. Beat in colouring until frosting is of spreading consistency and pale pink colour. Place frosting in a small pastry bag fitted with a fine nozzle and decorate hearts as desired. Makes about 1 1/2 cup (75 ml).