

Little hands want to help mother

POLLY'S POINTERS



POLLY FISHER

DEAR POLLY — As the mother of eight children ranging in age from 2½ years to almost 21, I have several ideas for getting the work done while taking care of little ones. But first I want to take issue with one suggestion you gave.

While it may be possible to nurse a baby while walking about with the child in a carrier, it will be much better for mother, baby and older children if mom sits down, puts her feet up and rests a bit while nursing. My older child quickly learned that this was the time to grab a book and snuggle up for a story. The older one gets attention and the story time he needs, baby gets a relaxed mother, and any mother who is still nursing needs that guilt-free time off her feet.

Now for ideas. Let the little ones help you. While folding clothes, let them put all the socks in a pile. Soon they will be able to match socks by size and color, if you talk to them about those things as they do it. They can also tell you whose shirt, pants, etc., each item is as you pick it up. They are learning to classify. Folding washcloths in half means they will go to school knowing how to match corners in order to fold a paper in half — and you have been teaching them fractions without either of you being aware of it.

As you empty the dishwasher or put away the clean dishes, let them do the spoons, forks and table knives. Again, they are learning to classify. While you are getting a meal, let them set the table. You will want to put a stack of plates on the table and the child can put one in each place, then get a knife, fork and spoon for each person.

Time to clean the living room. You pick up the little papers while he gets the big ones. He puts away the trucks while you put away the blocks. She takes the little wastebasket while you carry out the newspapers.

In the bedroom, a child can pull up the sheet and blanket on one side while you do two-thirds of the bed from the other. She can get the hamper from his room while you get those from your room and the bathroom. She will happily put five or six things in the washer while you finish the job and will probably want to pour in the soap that you measured and close the lid and push the start button.

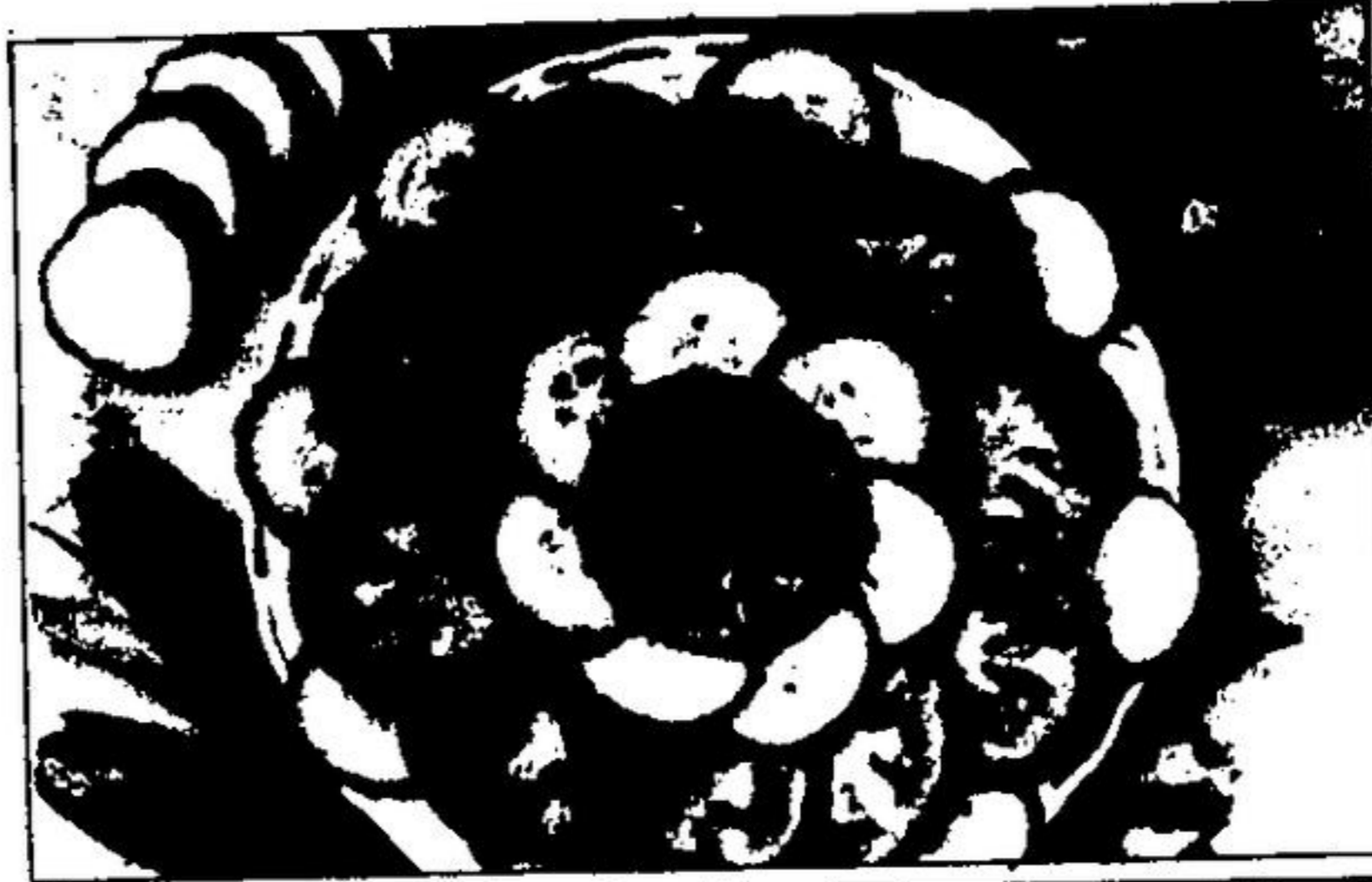
No matter what you are doing, if the little ones are constantly getting in your way, the fastest way to get your work done is to take five minutes to read to them or play with them, then go back to your work and have them go back to their play. You will save more than the five minutes it took by being able to do your work with them playing happily, and the whole family will be in a better mood.

— MARY

DEAR MARY — Thanks for an excellent letter chock-full of wonderful suggestions. My 15-month-old daughter already helps me empty out the dishwasher, removing silverware and handing it to me to put away in the drawer. Your helpful pointer earns you the Pointer of the Week award, a copy of my book "Polly's Pointers: 1,081 Helpful Hints for Making Everything Last Longer." Others may order it for \$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 83863, Cleveland, OH 44101-5863. — POLLY

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.

© 1989 NEWSPAPER ENTERPRISE ASSN.



Tomato & cucumber summer salsa

Dice and drain 1 ONTARIO GREENHOUSE CUCUMBER. Mix in bowl with 3 chopped ONTARIO GREENHOUSE TOMATOES. Add diced hot chili peppers to taste and 1 diced red or green pepper. Mix in 1 chopped garlic clove and 1 diced red onion. Add lime juice and olive oil to taste; blend in chopped fresh Italian parsley. Great as a taco topping, summer soup garnish, salad relish or accompaniment to meat or fish dishes.

50% OFF

SALE

MENS, LADIES & CHILDRENS
SPRING & SUMMER FASHIONS
at great savings!
DON'T MISS OUT!

ONTARIO GREENHOUSE CUCUMBERS

Cucumber Attributes: Gently hand-picked ... individually shrink-wrapped ... seedless... mild... burpless... thin-skinned.

SELECTION: Select long, firm Ontario Greenhouse Cucumbers... cylindrical shaped... with uniform bright green skin.

Cucumber T.L.C.: Store Cucumbers in their original wrap at cool room temperature ... 12°C. Refrigeration not necessary.

Nutrition: One generous serving (110g) contains only 15 calories. For additional nutritional value ... eat the unwaxed edible peel.

ONTARIO GREENHOUSE TOMATOES

Tomato Attributes: Gently hand-picked... delicately pink or rosy red ... vine-ripened... hand packaged.

SELECTION: Both red and pink Tomatoes are grown in Ontario Greenhouses. Select plump, firm, blemish free Tomatoes ... heavy for their size ... with uniform red or pink colour.

Tomato T.L.C.: Store Tomatoes at cool room temperature ... 12°C ... out of direct sunlight. DO NOT REFRIGERATE!

Nutrition: A medium size Tomato (125 g) contains only 25 calories and is a tasty source of Vitamin C, Vitamin A and dietary fibre.

ASK KATHY

Dear Kathy

I seem to be able to go all day without eating, because I'm not hungry at all; but when I sit down in the evening I'm starved, and I eat everything I can find. What do you recommend?

Reply:

What you are experiencing in the evening is a drop in your blood sugar concentration. When this happens, the brain sends out signals for you to eat. Your brain knows the fastest way for you to elevate the blood sugar is to eat sweets, so, unfortunately, these hunger pangs you feel probably include a craving for sweets also.

At Diet Center, we teach you how eating on time and on a schedule and selecting appropriate foods can help



KATHY HAJAS
Diet Center Consultant

you to maintain a more constant blood sugar level. Eating properly is the only way to eliminate the craving for sweets and the extreme hunger you have experienced.

DIET CENTER

Business Number
877-2900

Home Number
853-0780

98 Mill St., Georgetown

Personal
Consultation
By Appointment

Men's GWG Pants Reg. \$14.99 \$7.50	Ladies' Bikini Underwear Reg. \$2.50 \$1.25	Youth Puma Runners Reg. \$25.97 \$12.98	A Selection of Assorted Fashions 30% to 50% OFF
Men's Work Pants & Shirts Reg. \$19.99 \$10.00	Ladies' Casual T-Shirts Assorted Prints Reg. \$14.99 \$7.50	Boys' 100% Cotton Pants Ass'd Colors — 8-16 Reg. \$10.00 \$5.00	

Stedmans

17 Mill Street East

Acton, Ont.

853-2741

ACTON
STEDMANS
ONLY

While Supplies Last

STORE HOURS:

Mon. - Fri. 9 - 9

Sat. 9 - 6