



TODAY'S CHILD

BY HELEN ALLEN

THE TORONTO SUN SYNDICATE

At 14, many a teen is reluctant to do chores at home, but not Terry. He is a co-operative lad, eager to please and faithful about doing the jobs his foster parents assign to him.

Terry is healthy and good-looking, short in stature but sturdy. He has blue eyes, blonde hair and a fair, freckled complexion. He is shy with new people and inclined to be quiet even with those he knows, though lately he has become more confident and outgoing.

Terry attends a school for non-academic students where he is at a senior Grade 10 level. He has a real talent for shop work. Terry loves animals. He says he wants to be a farmer and have "a lot of dogs."

Baseball is Terry's great interest. Seldom seen without his baseball glove, he is becoming a good outfielder. He also enjoys wrestling and bike riding.

Terry gets on well both at school and in his foster home when he knows exactly what is expected of him. He needs a family who can accept a boy with limited ability who can combine firmness with obvious affection and who can give him encouragement to persevere and be proud of what he accomplishes.

To inquire about adopting Terry, please write to Today's Child, Ministry of Community and Social Services, Box 888 Station K, Toronto M4P 2H2. For general adoption information, please contact your local Children's Aid Society.



HOPES FOR FARM HOME

Answer to today's

MINIQUIZ

William (Red) Hill, Sr.

To learn more about this chapter in Canadian History — visit your Public Library.

ADELAIDE DANIELS



SAYS

CHUBBY KIDS ARE NOT CUTE

The day is past when it was considered cute for youngsters to be pudgy.

Today, nutritionists feel there's something wrong if a child is a fatty. And the possibilities for their life-long overweight, with its physical and emotional disadvantages, is something to make mothers stop and think.

If your child is one of a family of overweights, you need look no farther for the cause of it all. Obviously, something needs to be done about the whole family's diet.

If, on the other hand, one child is obese while the rest of the family enjoys normal weight, first stop should be your doctor's, to check if there is some health problem.

In a few rare cases the difficulty could be glandular and can be treated. If your child has developed a psychological problem that takes itself out in overeating, this too can and should be handled.

Most of the time it's merely a question of bad eating habits. Don't waste another day in instituting a programme of proper meals approved by your doctor. Overweight in children, especially during adolescence, can leave a life-long emotional scar.

If your family as a whole shows signs of eating too much of the wrong foods, take a look at your menus in the light of the Canadian Family Meal Plan.

Are you providing the recommended amounts of fruits, vegetables, protein foods and milk? If these are lacking in the diet, your child may compensate with too much starchy food. Failure to eat proper foods can result in an inner hunger that craves fattening snacks.

Another clue to your child's overweight may be a skipped or inadequate breakfast. A high percentage of children in Canada leave home without breakfast, and in many cases allowances are then spent on high-calorie, low-nutrition foods such as cake, candies, pastries and pop.

Get your child up early enough for an adequate breakfast, even if it's a light one. Try him first on the usual kind, carefully cooked. Provide a minimum of vitamin-C rich juice, and cereal with milk — or a choice of egg, bacon or fish with toast and a milk beverage. If your child is adamant in refusing breakfast, nutritionists today suggest that you could try a hamburger, hot dog or bacon on a bun. Children's tummies will stand it, and it's good food at any time of day.

Adelaide Daniels, creator of the Canadian Family Meal Plan for Weight Watchers and author of Adelaide Daniels Weight Watching Cookery.

MINIQUIZ

on Canada's Great People
BY RAY IRELAND

What daring riverman (called "The Hero of Niagara") recovered 177 bodies from the awesome gorge which was his boyhood home, saved 28 people from drowning, and received more life-saving awards from the Canadian government than any other person?