



THE RIGHT WAY TO WRITE . . . is the legible way, being stressed by the school teacher above during classroom instruction aimed at helping children improve their penmanship. Renewed emphasis on the importance of legible handwriting comes with renewal of the Handwriting Foundation's crusade aimed at encouraging better handwriting by working with educators and urging parents to cooperate with teachers.

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ENCOURAGE GROOMING
 Good grooming habits should start early. A simple "manicure set" of emery board and orange stick encourages grammar graders to keep their fingernails clean and neat.

KEEP JUICE HANDY
 For after-school snacking, keep a container of orange juice handy in the refrigerator. It satisfies that hungry feeling yet helps encourage meal-time appetites.

Extra Activity Tempts Young Beyond Capacity

By MARY E. BUCHANAN
 Editor, Parents' Magazine

The lazy summer days are over. With the beginning of a new school year the family must return to a more organized life—alarm clocks, schedules, planning. Actually, it's a pretty exciting time of year for children.

So many new things lie ahead—a new grade, new teacher, different subjects to study, perhaps even a new school. And then there are all the tempting out-of-school

activities: dancing class, team sports, music lessons, Scouts, perhaps an after-school job.

In this day and country people seem to admire most the person who is always busy. There is a pressure in the very air to be doing something, to join groups, to take part in as many activities as possible. And perhaps this spirit of energy and enterprise is what makes America such a productive country.

But growing children need time for loafing, for unorganized play or visiting with friends, for digesting the multitude of new experiences and discoveries that fill their lives. It's a rare child who will admit that he needs rest. Life is so exciting. But we know he does and it's up to us to give a bit of thought and supervision to the activity schedule of each of our school-age youngsters.

Here are a few guiding principles to help you plan with your child a winter program that will make this the best possible school year for him.

Limit Activities

1. It's wise for a child to undertake only one or two extra-curricular activities at a time. For example, if your boy signs up for the school orchestra and is also an active member of the Y, where he plans to take a Junior Life Saving course, that's probably enough. Trying out for the basketball team might better be postponed until next school term or next year.

If your daughter wants to start piano lessons or any other project that involves daily practice, don't let her get involved in other major activities.

Children who are eager and full of energy may rebel at restrictions, but adults with a wider perspective, will just have to help them make choices.

2. Go easy on household chores for your school-age child, making his own bed, keeping his room in reasonable order and perhaps helping with supper dishes ought to be about all that's asked of him. After all, school and homework is a pretty full-time job.

Needs Free Time
 3. Try to see that each child has some free time every day and a big stretch of it on week-ends. And free time means freedom of choice for the child. If he wants to work on his stamp collection instead of playing ball with his brother, if he feels like reading or even like doing something that may seem as unprofitable to you as spending half an hour looking out the window, that's his affair.

Aside from planning a winter schedule that leaves time for leisure, there are lots of

ways parents can help make daily living less hectic than it often is. The first is to get up early. Children need a good, hot breakfast before a long morning of school work. And they shouldn't have to eat on the run. So start each week day with a leisurely family meal.

Like to Chatter
 When your youngster comes home from school, try to be available for talk. Young ones especially want to chatter about what happened that day and an attentive ear is a wonderful welcome home.

If your child is upset or worried, or even just extra excited about some event, it will help him calm down to talk about it. He'll get more good out of that leisure time you planned for him if he's not all steamed up because you haven't time to listen.

Plan the supper hour so it doesn't interfere with a favorite television program. Digestion is not aided by an exciting Western. Also, supper may be the only time when the children and their father can swap the news of the day, especially with older boys and girls who must spend most of the evening studying.

Arrange a quiet, well-lighted place for each child to do his homework. This may be the dining room table, a desk in his own room or even the

kitchen. It doesn't matter so long as he is comfortable and the distractions from the rest of the household are as few as possible.

Early to Bed
 And last of all, it should be early to bed for school children. If your youngster is not old enough to watch the clock himself, give him enough warning about the approach of bedtime to finish what he's in the middle of, but stick to the agreed-upon hour.

With some such schedule as is outlined above, perhaps we can moderate a bit for our children the hectic tempo that most of us, young and old, seem to get caught up in today.

Perhaps we can help them find and enjoy free time. If we can, they will get much more from school and from life in general.

HAVE APPETITE APPEAL

Home-packed lunches have more appetite appeal if foods with contrasting flavors and textures are included. Crunchy vegetables sticks and juicy, sweet fruits contrast well with cottage-cheese nut sandwiches and crisp cookies.

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