



SCHOOL DAYS! SCHOOL DAYS! . . . Junior and Sis join in starting the new school year with the traditional song with teacher playing the tune.

Warm, Filling Breakfast Vital To School Children

By BLANCHE N. STOVER.

Family Food Editor, Parents' Magazine

Breakfast time is no time to preach nutrition. It's the time to practice it. At 7:00 or 8:00 in the morning children are more interested in gathering school books and discussing the coming events of the day than in whether or not food is good for them.

But they need a good breakfast just the same in order to carry them happily through the morning.

Scientific studies of the eating habits of children and adults prove without a doubt that a good breakfast is essential for buoyant health and well being. It breaks a fast of from twelve to sixteen hours and provides fuel for the body to use at school, work and play. It is absolutely necessary for a properly balanced diet, for nutrients missed at breakfast are seldom made up at other meals. This is particularly true for children because they haven't the food capacity of adults.

It has been proven time and again that a skipped or skimpy breakfast is the reason for a child's listlessness and irritability during the late morning hours and sometimes for his low grades at school. In one test case, children considered dull became average pupils when given an adequate breakfast over a period of days.

What is a good breakfast? It's one that provides from 1/4 to 1/3 of an individual's daily food requirements. It combines appetite and eye appeal with top nutritive value.

To make it easy for home makers to plan breakfasts that are nutritionally sound yet easily adapted to family preferences—nutritionists have devised a basic menu pattern.

This pattern may be varied all the way from light to hearty depending on individual needs which are governed by size, sex and activity.

- Here is the 4-point basic pattern:
1. Fruit or a fruit juice.
 2. Hot or ready-to-eat cereal with a generous serving of milk.
 3. Whole grain or enriched bread, with butter or margarine.
 4. Beverage—milk or a milk

Don't Neglect Child's Feet

Doctors have found that many parents who zealously guard their children against illness, for some reason tend to neglect their foot health.

Yet statistics show that more than 40 per cent of the youngsters of grade school age suffer from ailments attributable to shoes they have outgrown.

Though many of these ailments are relatively minor, they can become so serious with neglect as to cause acute walking difficulty in later life, according to Dr. Benjamin Kauff, director of the American Foot Care Institute.

Because a school child's feet grow comparatively rapidly, they should have frequent attention. A summer of play can make a big difference in shoe size.

That's why it is especially important, comes the beginning of a new school term, to get them new and properly fitting shoes.

Sizes for the 6 to 10 year olds change every 8 to 12 weeks; for the 10 to 12 year olds, every 12 to 16 weeks; for the 12 to 15 years, every 16 to 20 weeks, and for those over 15, every six months.

"Make sure your children are wearing well fitted shoes," is Dr. Kauff's advice to parents. "The best shoe for both school and play is an oxford. It should have a supple flexible leather upper and sole, since leather supports a growing foot without binding it."

Parents must be on the alert for foot troubles since little children seldom complain.

Cottons Go To College

Back-to-college cottons are appearing in "woolly look" textures, this year. They're taking on the weave effect of classic wools, with tweed prints, houndstooth and disquiet checks, textured plaids, softly brushed surfaces and the new 3-D look.

The trend toward rich, dark colors help the cottons along in their "wool-gathering" expeditions, providing a wonderful easy transition to cooler weather.



EYEFUL . . . and then some is this charming wool knit suit in the new fall style. Feature angle is that it is washable.



SMALL FRY . . . will find learning fun when they attend classes in such durable clothes like this knit 'tick tock' polo outfit for the girl and solid pullover worn with corduroy overalls for the boy.

Tools of Learning Play a Big Part in School Children's Life

Tools of learning for the school child—the pen and pencil sets, the crayons, the note books and rulers, and even the bag in which he carries them with his books—play an important part in shaping the child's attitude toward his work.

Carefully chosen to stimulate a craftsman-like pride in the things with which he works, they can be the perfect introduction to orderly habit, and they also can help make school tasks a pleasure.

Educators recognize this principle and urge parents to heed it, especially at the beginning of the new school term, in order to give the child a fresh and inspiring start.

Basic to the school child's toolkit is the school bag which has come a long way from the old-fashioned straps and drawstrings. Now Junior may have one similar to dad's own brief bag and in equally attractive and sturdy leather. Sister may prefer one of fabric to match her favorite plaid.

There is a wide variety of practical bags to allow children a chance to exercise choice while

parents give their attention to durable quality.

Choosing pen and pencil sets, notebooks, etc., offers similar opportunity for the child to participate in the selection. Obviously the youngster will work most happily and therefore best, with the thing he likes.

Basic tools used by school children, especially in the home, can be amplified with benefit to learning. A good dictionary is a must in every house where there is a school child.

A globe and an atlas, or both, also are mighty useful tools especially in this modern age. They are comparatively inexpensive and will serve for years.

The back-to-school clothes picture is in vivid technicolor this year, with the emphasis on autumn shades. Orange glows provide the brightest colors for browns, grays or navys.

Blues, particularly turquoise and teal; football colors of bright red, green or gold; browns in taupe, spice tones or rich chocolate, plus dark, dar's gray, round out the fashion color scene.

Suits, Sports Jackets Musts On School List

Give a boy carte blanche in choosing his clothes for the coming school season and chances are he will go all out for the informal, casual and rugged separates—the things all the other boys will be wearing.

But remind him of the special festive occasions that will be scheduled during the coming term and he'll start thinking about what the older folks might have referred to as the "Sunday Suit," and he will also surely want a party sports coat.

These are as essential to his wardrobe as, say sweaters—on two counts. First, he must be fitted out to present a good front on party occasions; and second, choosing and wearing these garments tends to teach him good taste and good grooming habits.

In looking for suits, the square cut, three button cut is recommended as best choice for boys size twelve and under. Two button coats tend to look unkempt on younger lads because of their activities.

The Junior High School and High School lads, however, have stretched out to the point where the two-button coat is justifiably a favorite.

Suits should be chosen as carefully for their fabric as for their fit. Handsome patterns in worsted flannels, hard finished wools and colorful wool tweeds offer a wide selection and the latter offers in addition, a certain amount of versatility.

The tweed coat can double as a sports jacket, though every lad is entitled to a special one quite separate from his suits.



GAME-TIME . . . will be heeded in this nubby gray, tweed coat with light gray over-check. The flapped pockets have a special division for tickets. High school and college boys will find this coat meets high approval among the school set.

School Boys' Warm Shirts

Keeping Junior warmly clothed throughout the school term looms large as a factor in buying his togs. Because many boys wear sport shirts and slacks under a short outer coat during the milder winter weather, it is well to make sure that the shirt is warm enough, by buying wool sport shirts with long sleeves.

Three will be the minimum needed to keep a boy going through the week and allow for washing and dry cleaning.

EVERGLADES REGION
The Everglades region of Florida is 140 miles long and 60 miles in width.

A big volume of U.S. foreign trade by air is expected.

bellringers for back-to-school

By **Loomcraft**

(ALL SIZES UP TO 14)

BACK-TO-SCHOOL DRESSES \$1.98 and \$2.98

ORLON SKIRTS PERMANENT PLEATS \$3.98

NYLON TAFFETA SLIPS \$2.98

COTTON & NYLON BLOUSES \$1.98

SALE ON ALL JUVENILE FURNITURE BY . . .

Thayer

5 DRAWER CHEST
REG. 59.95 **\$49.95**
NOW

4 YR. CRIB & MATTRESS
REG. 25.00 — NOW . . . \$21.95

WHITE 6 YR. CRIB & MATTRESS
REG. 41.00 **\$37.50**
NOW

6 YR. CRIB & MATTRESS
REG. 41.00 **\$37.50**
NOW

6 YR. CRIB & MATTRESS
REG. 47.00 **\$42.50**
NOW

SIMILAR REDUCTIONS ON OTHER FURN.

We have a complete line of BACK-TO-SCHOOL clothing TO SIZE 12 for your Child

check these back-to-school values

... for **BOYS**

FAMOUS BRAND **DOUBLE KNEE JEANS \$1.59**
TO SIZE 12 — REG. 2.29

BOYS' FLANNEL & DAN RIVER SHIRTS \$1.98
REG. 2.98

KEEP IN **Style**

FOR BACK TO SCHOOL WITH THE **Sport Shop**

1112 CRENSHAW BLVD. — TORRANCE
(ACROSS FROM JIM DANDY MARKET)

FURNITURE CLOTHING TOYS

PIXIELAND Children's Shop

22226 PALOS VERDES BLVD., Torrance

PHONE FRontier 5-2017

1/2 MILE WEST OF HAWTHORNE BLVD.—CORNER SEPULVEDA AND PALOS VERDES BLVD.

NOTHING DOWN 4 MONTHS TO PAY