

## Finicky Eating on Child's Part May Be Due to Poor Diet Habits

By ROY O. GILBERT, M. D.  
Los Angeles County Health Officer

A child who regularly lacks interest in food at mealtime creates a family crisis, because a healthy child should be hungry and willing to eat a variety of foods at the table.

When he fails to do so, steps should be taken to discover the reasons for this lack of normal appetite. The underlying cause may not be serious and yet, on the other hand, it might be.

Such a youngster should first be examined by a physician to determine whether the reluctance to eat is caused by ill health. In most cases, experience has shown that the trouble is not due to a physical ailment but rather to poor dietary habits, which, as often as not, are no real fault of the child.

**Child-Size Portions**  
It sometimes happens that a mother has merely failed to practice the easily learned skills of preparing the proper foods in ways that are attractive. In these cases it is simply a matter of keeping the portions child-size, including chewy foods as well as soft ones on the menu, serving items such as meat in ready-to-eat bite sizes and arranging the food attractively and colorfully on the plate.

Furthermore, if dinner time comes during a favorite TV program, meals may be served

to a child where the program can be enjoyed along with his food. Many wise and intelligent parents long ago discovered that there is no sound reason for criticizing such a practice.

**Problem Not Easy**  
As numerous mothers can testify, however, the problem of finicky eaters is rarely resolved so easily. If rejection of food continues, the worst error a mother can make is to fall back in desperation on teasing, bribing, or threats of punishment.

There is no single bit of advice that is applicable to all cases, but recent articles published in "Today's Health" and the "Journal of the American Medical Association" drew attention to one common reason for a child's lack of appetite at mealtime.

Some children, the articles pointed out, are especially fond of milk. When this is so, there is a tendency to let them have a glass whenever they snack between meals. This can result in abuse of what is sometimes called the most important single food. Milk served at every snack period, it is stated, may provide the child's caloric needs for the entire day and satiate his appetite completely.

**Milk Not Enough**  
But, it is a false notion that a child can drink enough milk to fulfill his daily nutritional requirements. It has been es-

tablished by research workers in nutrition that, due to American eating practices, this can only be obtained by eating a wide variety of foods.

Generally, it is recommended that each child up to 10 years of age drink about one and one-half pints to one quart of milk daily. More should be permitted only when it in no way interferes with a desire to eat other essential foods.

**Fruit Juices Help**  
The substitution of fruit juices for milk at a child's

## Two Seniors Honored for Scholarship

Two Torrance High School seniors have been commended by the National Merit Scholarship Corp. for distinguished performance in its nationwide search of students, according to Principal Carl R. Ahee.

Laurence L. George and William C. Strohm were named state runners-up in the 1957 Merit Scholarship competition. They are among the top one or two per cent in ability in the state, according to John Stalaker, president of NMSC. They will be sent letters of recommendation by NMSC for use in applying to colleges.

Some 162,000 seniors from 12,500 high schools entered the competition for 750 four-year college scholarships.

snack time and limiting the total daily intake of milk to the minimum requirement can often solve a mealtime eating problem that has previously seemed hopeless of solution.

Faulty eating patterns are not established overnight, nor can they be overcome in haste. For that reason, changing the nutritional habits of a child can be expected to require plenty of time well mixed with patience and perseverance.

Further information on the general subject of nutrition for children may be obtained by writing a request to the Health Education Division, County Health Department, 241 N. Figueroa St., Los Angeles 12.

## Two Boys Arrested for Stealing Car in Lomita

Two 15-year-old Lomita boys were arrested for stealing a car after a deputy became suspicious because the car had no key.

The boys were parked near Marineland, when a deputy checked the car and discovered that it had no key, and checking further, found that it had been "hot-wired."

The car owned by Carl Glaze, 25819 Western Ave., had been stolen from 262nd and Governor Ave., the boys said.

## PUBLIC TRUCKS

It is estimated that one out of every 20 trucks operating on the nation's highways is owned by the federal, state or local government units.

## Volunteers Enthusiastic About Drive

Women volunteers soliciting for the general gifts program of the Little Company of Mary Hospital Campaign are rejoicing in the response which they have received during the past week.

After three report meetings, the Torrance Division of the General Gift Committee have reported \$41,420.10. The Redondo Beach Division, after one report meeting, has accounted for \$2720.17. Although the Palos Verdes Division has not had a formal report meeting as yet, all indications point to a substantial division total.

All divisions of the general solicitation committee have agreed that the general solicitation should continue until every resident in the area has been given the opportunity to participate in the campaign. Following in this line, the women in the committee will be busy for many weeks to come. Committee members may pick up additional cards at the Little Company of Mary campaign headquarters, 1728 A. and P. Ave., Torrance. Information about the campaign may be obtained by calling the headquarters, FAirfax 8-8616.

## FORESTRY SCHOOL

First forestry school in the U. S., headed by Gifford Pinchot, was located on the Vanderbilt estate grounds just outside Asheville, N. C.

## Garden Chatter

By LORING BIGELOW

There are several varieties of true dwarf citrus available through your nursery this spring. Upon inquiry you might not find them immediately, but your dealer can order them for you or perhaps his shipment will arrive soon. These varieties of citrus are all brought down from northern California and are grown in containers rather than in the field.

They are grafted on dwarfing rootstocks and when mature, the trees will be globular in shape and not exceed eight feet in height. All varieties are very hardy, no pruning is required, but should you wish to shape up or pinch back a bit to hold the plant within a given size or shape this can be done anytime.

The main plant food required is nitrogen, and the trees should be fed regularly and just prior to a watering. Irrigate only when the tree needs it, and water slowly, and deeply. A mulch around the base of the tree will extend your irrigation periods and cut down upon your watering time.

In planting, you should avoid lawn areas. Give some wind protection if you are in an exposed location. Avoid drafts—a hot spot facing in a southerly direction is very good as this may give you added heat from walls, fences, buildings, or other surface areas.

These trees should also have good drainage and will make

ideal plants for containers, boxes, tubs, or other patio use.

A few of the most popular and successful for this area include the Robertson, Washington Navel, and Valencia oranges, Mandarin oranges and tangerines; Eureka, Lisbon, Meyer and Ponderosa lemons; limes; Tangelos, which are crosses between grapefruit and tangerines and do far superior in this region where the grapefruit does not sweeten up properly; kumquats and calamondin.

The cost of these true dwarf dwarf citrus is slightly higher than the familiar balled in burlap type in the larger sizes, but for economy's sake you may wish to start with smaller trees which are available in one gallon cans. Prices will range from \$3.50 for the smallest size to about \$8.50 for the five gallon can. If you are fortunate enough to find a nursery with a large selection of these trees, he may have the two gallon size in stock which will run about \$5.50. In any event, your dealer can order any type for you and also tell you about other interesting varieties.

## Anza School Hit

Stone-hurling vandals smashed 11 windows at the Anza School over the weekend, police were informed Monday.

## HEAVY RAINFALL

Annual rainfall of 562 inches has been recorded at Maui in the general Hawaiian islands group.

## All-America Notation Set For Letters

Every piece of mail sent from the Torrance post office in the next six months will bear the slogan, "Torrance—All-America City award winner," according to Dick Fitzgerald, Chamber of Commerce secretary.

Permission was granted by the director of the Bureau of Postal Operations to use a special stamp on all Torrance mail. Twenty-one Torrance firms have placed similar slogans on their postage meter machines, Fitzgerald said.

The city has gained nationwide attention as a result of the All-America award, he reported. Many national industrial firms have inquired about availability of plant sites here and a committee headed by Chamber of Commerce President A. E. Thompson is working with city officials in an effort to locate available land for plants.

Two radio stations have plugged Torrance and a TV station has featured the city on its channel, with 4000 spot announcements and 168 feature plugs, he reported.

Six 12-foot illuminated "Welcome to Torrance" have been or are being put up at Redondo Beach Blvd. and Crenshaw; 174th and Western Ave.; Pacific Coast Hwy. and Crenshaw; Pacific Coast Hwy. and Palos Verdes Blvd.; 190th and Hawthorne Ave.

Fifteen three by four foot "welcome signs also will be erected at various spots, he said.

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'51 1100.00	'51 1075.00	'51 1150.00	'51 1000.00	'51 1200.00
'52 1250.00	'52 1200.00	'52 1250.00	'52 1050.00	'52 1300.00
'53 1450.00	'53 1350.00	'53 1550.00	'53 1150.00	'53 1575.00
'54 1700.00	'54 1650.00	'54 1700.00	'54 1350.00	'54 1850.00
'55 2000.00	'55 2100.00	'55 2200.00	'55 1850.00	'55 2300.00
'56 2200.00	'56 2650.00	'56 2975.00	'56 2100.00	'56 3075.00

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### FINANCE CHART

WHAT WILL MY PAYMENTS BE?

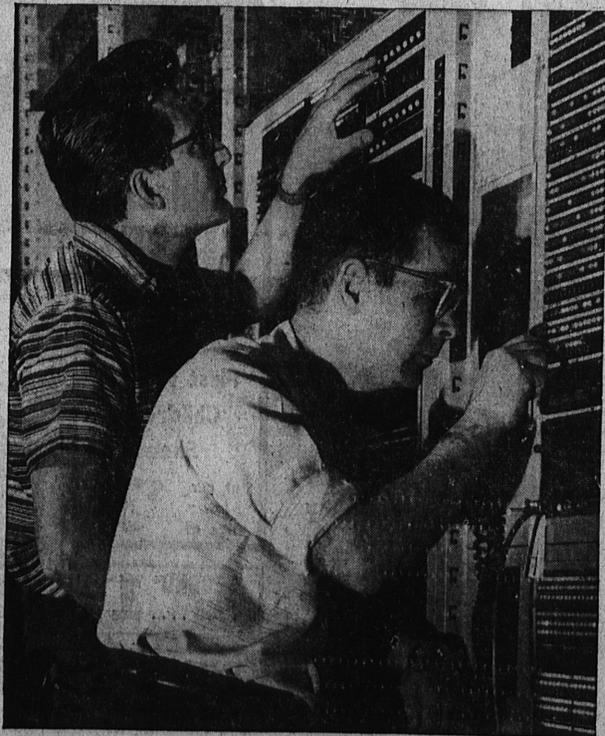
Balance Payments (approx.)	Balance Payments (approx.)
\$1001 - \$1100 - \$33.00	\$1501 - \$1600 - \$48.00
\$1101 - \$1200 - \$36.00	\$1601 - \$1700 - \$51.32
\$1201 - \$1300 - \$39.00	\$1701 - \$1800 - \$54.18
\$1301 - \$1400 - \$42.00	\$1801 - \$1900 - \$57.06
\$1401 - \$1500 - \$45.00	\$1901 - \$2000 - \$60.11

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## Watchful eyes guard your voice when you telephone

Every time you make a phone call, a vast network of equipment speeds your voice to its destination. But a failure anywhere along the line could interrupt your service. So telephone people have worked out many ways to head off possible cases of trouble. For instance, in the maintenance center where Mike Sturtevant (above, left) and Stan

Jansen work there's a new kind of line tester that checks the condition of thousands of lines an hour. It shows how well yours and others are working. In addition, telephone central offices have automatic trouble recorders that keep tabs on dial switching equipment. These recorders reveal trouble before it can interrupt routing of your calls.



Patrolling cross-country lines is another way we keep an eye on your service. And on microwave radio-relay routes and many cables, built-in alarms sound off automatically back in a control center

whenever trouble threatens. In all these ways, and many others, telephone people safeguard your calls round the clock. It's part of the dependable phone service you've come to count on.

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