



**THE OLD PIE-THROWING ROUTINE**—During the recent P. C. H. S. junior class talent show, these two ended up in a mess. Keeping with the talent show's theme, "Vaudeville Revisited", Ruthie Ward (left) and Tammy Speaker (right) display the old slapstick comedy of pie-throwing. (Staff Photo by K. Marren)

## Extension Forum

By MRS. M. B. TAYLOR  
HOME ECONOMICS  
EXTENSION AGENT

1. What exactly do finger foods mean? Finger foods are larger pieces of food that a young child can handle with more ease and comfort than using a fork or spoon. Such foods are lettuce leaves, wedges of cabbage, carrot and turnip sticks, cubes of meat and cheese, long beans. All of these foods help the preschool child to like to eat a variety of foods.

2. How is the best way to handle a child who dawdles over his meal? When the first edge is taken off a child's hunger, he may be in no hurry about eating. Small children have little sense of time. Rushing them could spoil their pleasure in eating. If there is no real reason to rush the child, give him help and time.

3. What can a mother do about a child's food jags? It is perfectly natural and very common for a child to go on a food jag. The child may want one food and nothing else. Giving in to these quirks will not spoil the child. Treat food jags as a matter of fact without making a fuss.

4. It is true that food habits of a lifetime are formed in childhood? Yes, the development of desirable tastes and habits in early childhood usually come from modeling those of parents. A mother will make little impression on her child if she uses vegetables grudgingly herself. Family members are your child's food teachers. Seeing you eat and enjoy a variety of foods help teach the child to eat and enjoy his food.

5. Should young children be given between meal snacks? Yes, most children need some between meal foods. These foods should contribute to the child's food needs. Snacks should be given at regular times and should not interfere with his appetite for meals. Milk, juice, graham crackers, pieces of raw fruit and vegetables are good choices.

6. Why do young children's appetites vary from day to day and from year to year? Rate of physical growth plays an



**A MOMENT OF SERIOUSNESS**—Bernell Garret displays her singing abilities which includes the songs, "Killing Me Softly" and "Blowing in the Wind". The juniors sponsored the talent show in order to raise funds for the annual Jr. - Sr. prom. The dozen or so acts were performed before a full house. (Photo by Kathy Marren).

important part in appetite. The rate of physical growth slows considerably after one year resulting in a less ravenous appetite. Parents should be prepared for this and understand the change in food acceptance and the need for exploration as part of the normal growth pattern.

7. What is pica? Pica is a craving for unnatural foods or for non-food items such as clay or chalk. It is most apt to occur in children between the ages of 18 and 24 months of age. Investigators have found no correlation between the occurrence of pica and nutritional deficiencies. Investigators tend to agree that it is an environmental and cultural problem most likely to occur among children of mothers who also practice pica themselves.

8. Should a mother bribe

her child in order to get him to eat? No, bribing, threats, scolding, and pleading should all be avoided. These practices help children realize that eating can be an attention getting advice. They will concentrate on that rather than eating.

9. My child has no interest in food. How can I get him to eat? Use foods of bright colors. They add interest to the child's plate. Use many textures. Children love soft, hard, rough, creamy, chunky foods. Use a variety of these in one meal. Use unusual shapes—coin shaped carrots, triangular toast, green pepper rings. Use a variety of garnishes.

10. Should I offer my child a choice of foods at mealtime? Yes, it is a good idea to give the child a chance at menu decision making.

# People In The News

**RETURN FROM CAL.**  
Mr. and Mrs. Eddie Barber and Mrs. W. H. Barber have returned from a visit with Mr. and Mrs. Henry Barber at Imperial Beach, Cal.

**VISIT HERE**  
Mrs. Ralph Wallace of Belhaven and Mrs. Phillip Rice and daughter, Jennifer, of Chicago, Ill. were guests of Mrs. W. G. Wright and Mrs. T. B. Sumner on Thursday.

**MD. GUESTS**  
Mr. and Mrs. Paul Baker and daughter of Gaithersburg, Md. were week-end guests of Mrs. Baker's grandmother, Mrs. Maude Lane.

**MONDAY GUEST**  
Mrs. S. F. Pollard of Columbia was a guest of Mrs. J. R. Futrell on Monday.

**GREENVILLE GUESTS**  
Mr. and Mrs. Larkin Little and daughter of Greenville were guests of Mrs. Little's parents, Mr. and Mrs. G. W. Barbee, during the week-end.

**S. C. GUESTS**  
Mr. and Mrs. Wallace Reed, Jr. of Charleston, S.C. have returned home after spending the past week with Mrs. C. W. Reed.

**IN HOSPITAL**  
Mrs. J. H. Baker is a patient at the Chowan Hospital.

**NORFOLK GUESTS**  
Mr. and Mrs. Carroll Hill of Norfolk, Va. were guests of Mrs. W. H. Barber on Sunday.

**VISIT HERE**  
Mrs. D. A. Carver and children, Angela and Anthony, of Chesapeake, Va. were guests of Mrs. W. M. Divers and Mr. and Mrs. Julian White on Saturday.

**FROM PORTSMOUTH**  
Mrs. Hal Rogers of Portsmouth, Va. spent the week-end at the Rogers Cottage at White Hat.

**IN HOSPITAL**  
Elliott Layden is a

surgery patient at the Albemarle Hospital.  
**GREENVILLE GUESTS**  
Mr. and Mrs. John Stallings and daughter of Greenville were weekend guests of Mr. and Mrs. Jimmy Sawyer and Mr. and Mrs. Jimmy Stallings.

**SATURDAY GUESTS**  
Mr. and Mrs. Bobby Elliott of Windsor were guests of Mrs. W. M. Divers and Mrs. W. A. Elliott on Saturday.

**WILMINGTON GUESTS**  
Mr. and Mrs. Frank Ainsley and daughter of Wilmington were weekend guests of Mr. and Mrs. W. F. Ainsley.

**NORFOLK GUESTS**  
Mrs. F. E. McCloskey and sons, Todd and Darrin, of Norfolk, Va. were week-end guests of Mrs. R. B. Thach.

**VA. GUESTS**  
Mr. and Mrs. Bill Perry of Virginia Beach, Va. were guests of Mr. and Mrs. Ralph Wilcox on Thursday.



**NEW LOOK**—The Hertford Town Hall got a new paint job recently. Giving the building a fresh look. (Marren Photo)

**FROM HAMPTON**  
Mr. and Mrs. Leslie Powell of Hampton, Va. were week-end guests of Mrs. Hal Rogers at White Hat.

**RETURNS FROM HOSPITAL**  
Mr. Raymond Eure, has returned home after undergoing surgery at the Chowan Hospital.

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