Understanding CHILDREN

By ANGELO PATRI

"I am in trouble with my neighbors. We live in an apartment house and my small son likes to make noise. He will take anything he can lay hands on and pound it on the floor, so hard it makes him blink. How can I stop him?"

You can't. Little children grow by resistance. That is, they must use what strength they have in pushing, pulling, pounding exercises. Nature forces them to do this in order to develop their muscles and nerves. Children must grow by their own exertions and pounding things is one of the ways.

Of course, we cannot let them pound over the heads of other people, nor in the house where the family would suffer from the process. Provide for this exercise out of doors. Even in the city that is possible. If there is a stump of a tree, it offers wonderful opportunities for pounding. Give the child a wooden mallet and let him pound away. One family managed to secure an old butcher's block, and that was a wonderful find. A stout bit of plank does well, too. But the thing to be pounded must be stout enough to offer the essential resistance to the pounder's thumps.

Everything a child does as he begins to go about the world calls for resistance. To walk he must push hard against the floor, to grow his legs he jumps and runs, always pushing hard against the earth under his feet. His hands gather power by pushing a ball and squeezing things, and his mind grows by resisting ignorance and pushing for knowledge. Curiosity, we call it.

Trying to rear a healthy child in a city apartment is a very difficult matter. He is noisy, he makes the place untidy, he cannot conform to the ways of adults and he becomes a thorn in the flesh to the outsiders, especially to those who have no children.

I think the open country is the best place to rear children, but many, many people cannot have that help. The only way out for them is to try to live in the apartment where there are people who have like problems with growing families. Misery loves company here as elsewhere, and one burdened mother will understand and help another. Usually a way can be worked out with the neighbors, provided they have things in common, such as young children. The neighborhood in which most of the people are retired, their children grown up and married is no place for the young couple to start homemaking.

Children must grow according to their needs and pounding, shouting, hard rough playing are some of their needs. Grown people must adjust to this and at the same time, provide time and place for it so as to avoid as much of the annoyance it causes as possible.

Advice on Your HEALTH

By HERMAN N. BUNDESEN, M.D.

Today, I'm going to tell you how to blow your nose. Now don't snicker. This is not as silly as you might think.

I'll bet the majority of you don't blow correctly. And improper blowing might have serious and painful results. You have to be especially careful when you have a head cold and sore throat. Let me explain.

In Early Stages

During the early stages of a head cold your nose secretes mucus which reaches the back of your throat.

To get rid of it, you probably press your nostrils tightly together with your handkerchief and blow violently. Occasionally, you might feel your ear drums snap upon an exceptionally hard blow.

This is a warning of what might happen. The air pressure you generate can push this mucus from your throat through the eustachian tube into the middle ear. When this happens you're apt to have trouble.

May Cause Infection

Inflammation may fill the chamber with pus. Swelling of the eustachian tube might close the tube, trapping the pus in your ear. Pressure of the pus on your ear drum will cause intense pain and maybe complications such as mastroiditis.

Aided by new drugs your doctor can usually clear up such complications, but he may have to lance your ear drum to do it.

Avoid Trouble

You can avoid trouble simply by blowing your nose correctly. Take your handkerchief and hold it loosely. Be careful not to press both nostrils closed at the same time. Then, blow easily.

There is one more precaution, which, while not always polite is proper as far as your health is concerned.

Generally the safest thing to do when you have a cold is to sniff the mucus to the back of your throat and then spit it out.

Society, however, frowns on this method. Blowing is much more gentlemanly.

QUESTION AND ANSWER

K. K.: I have been troubled with dizziness for a period of six weeks. What would be the cause of it?

Answer: Dizziness is caused by various conditions, among which are constipation, high blood pressure, heart and kidney trouble, and disturbances of the eyes or ears.

It would be advisable for you to have a thorough physical examination by a physician to determine its cause.

Mrs. V. L. B.: Will you please tell me something about glaucoma?

Answer: The cause for glaucoma is not known.

In this condition, the circulation of the fluids in the eyeball is obstructed and the pressure of these fluids increases, eventually resulting in blindness unless relief is obtained.

An operation may be required to produce a cure.

TODAY'S RADIO PROGRAM

6 A.M.
Clocker Jim
News, Crane
Farm News
John Gambling
Farm News
Jack Sterling
Off the Air
News, G. and O. B.
Bright Weather
Newsreel Theater
Anything Goes

6:30
Clocker Jim
Bob Crane; News
News; Morning
John Gambling
Ernie Kovacs
Off the Air
News; Sterling
Newsreel Theater
News; Anything
Eye Cheshire Cat
Gallagher-O'Brien
Bright and Early

WNAB
WICC
WRCA
WOR
WABC
WLAD
WCBS
WMGM
WNEW
WNLK
WMCA
WQXR

7 A.M.
Clocker News
With News, Crane
News; Morning
News; Mug Clock
News; Kovacs
Off, Sports
News; Sterling
Ted Brown Show
Anything Goes
News, Tom Lee
News; Gallagher
Bright

7:30
News, Clocker
Crane, News-Crane
News, Morning
Musical Clock
News, Kovacs
Rise and Shine
J. Sterling; News
News; Brown
News, Anything
News, Bee Detroit
Gallagher-O'Brien
Business Sunbh

8:00
Clocker Jim
News
News, Morning
News
Ernie Kovacs Show
News
News
Ted Brown
Anything Goes
News; Commentary
News; Gallagher
News; Symphony

8:15
News; Clocker
Bob Crane
Morning Show
Dorothy and Dick
Ernie Kovacs
Rise and Shine
Bill Haymes
Ted Brown Show
Anything Goes
Dick Bee
Gallagher-O'Brien
Bklst. Symphony

8:30
Clocker Jim
Crane, News
News; Morning
Dorothy and Dick
Ernie Kovacs
Rise and Shine
Bob Haymes
News; Brown
News; Anything
Dick Bee
Gallagher-O'Brien
Bklst. Symphony

8:45
News; Clocker
Bob Crane
Morning Show
Dorothy and Dick
Kovacs; Crocker
Tune Test
Bob Haymes
Ted Brown; News
Anything Goes
Dick Bee
Gallagher-O'Brien
Bklst. Symphony

9:00
Breakfast Club
News
Morning Show
News, Everyday
News; Devotions
Masterworks Hour
News, Lanny Ross
Ted Brown
Breakfast Club
News
News, Uncle Ned
News, Gallagher
News; Music

9:15
Breakfast Club
Bob Crane
Morning Show
John Gambling
Musical Bridge
Masterworks Hour
Bob Haymes
Ted Brown
Breakfast Club
Anything Goes
Uncle Ned
Gallagher O'Brien
Jose Music

9:30
Breakfast Club
Crane, News
News; Sylvia
McCanna at Home
Grable and James
Masterworks Hour
Martha Wright
Ted Brown
Breakfast Club
News; Kemp
Sign Post
Record Shop
Piano Personalities

9:45
Breakfast Club
Bob Crane
Sylvia
McCanna at Home
Grable and James
Masterworks Hour
Martha Wright
Ted Brown; News
Breakfast Club
Bill Kemp
Public Interest
Record Shop
Composers Varities

10.00
True Story
Allan Brown
McBride Peale
News, Gladstone
True Story
Masterworks Hour
Godfrey Time
Carlton Fredericks
M. B. Ballroom
News; Bandstand
News; Melodies
News; Records
News; Music

10:15
Story Studio
Man, Dial Dough
One Man's Family
Martha Deane
Story, Streets
Masterworks Hour
Godfrey Time
Carlton Fredericks
M. B. Ballroom
Bandstand
Morning Melodies
Record Shop
Club 800

10:30
Whispering Streets
News; Man
Second Chance
Martha Deane
Whispering Streets
Your Health
Godfrey Time
Carlton Fredericks
News; Ballroom
Bandstand
Morning Melodies
Record Shop
Club 800

10:45
A Girl Marries
What's Goin' On
Chance; News
Deane; News
A Girl Marries
News
Godfrey Time
Fredericks; News
M. B. Ballroom
Bandstand; News
Morning Melodies
Record Shop
Club 800

11:00
Companion
Man Around House
Strike It Rich
Keepin' Company
Companion
Press Prospective
Godfrey Time
Woman's World
News; Bandstand
M. B. Ballroom
News; Records
News; Concert

11:15
Town Topics
Man; News
Strike It Rich
Keepin' Company
Passing the New
Press Prospective
Godfrey Time
Woman's World
Bandstand
M. B. Ballroom
Record Shop
Morning Concert

11:30
Midday Ballroom
Queen for a Day
Please That Pays
Queen for a Day
Jess Morgan
Press Prospective
Make Up Mind
Woman's World
Bandstand
News; Tune
Record Shop
Morning Concert

11:45
Midday Ballroom
Queen for a Day
McGee and Molly
Queen for a Day
Bess Myerson
Press; News
Howard Miller
Crosby & Co
Record Shop
Luncheon Concert
Wolfe; Blemhein
Bandstand

Noon
Wealth Ballroom
Man Around House
News; Collins
Cap Baby Man
News
News
Midday Symphony
Wendy Warren
Woman's World
Town Pump
Bill Harrington
News; Music
News; Concert

12:15
Midday Ballroom
Man; News
Al Collins
McCanna at Home
Frank Farrell
Answer McCann
Midday Symphony
Backstage Wife
Woman's World
Frank Farrell
Bill Harrington
News
Bill Harrington

12:30
Spin, P-P News
Man Around House
Al Collins
News
Frank Farrell
Hits of Day
Midday Symphony
Helen Trent
Woman's World
Midday Melodies
News; Harrington
Music Makers
Church

12:45
Midday Ballroom
Man Around House
Al Collins
Lopez at Sardi's
Frank Farrell
Hits of Day
Symphony; News
Our Gal Sunday
World; News
Midday Melodies
Bill Harrington
Music Makers
Church

1.00
Swing Angel
News
Tex and Jinx
Lopez at Sardi's
Paul Harvey
News; Money Man
Famous Artists
Road of Life
Best Sellers
Sentimental Mood
News; George
News; Hit Tunes
News; Symphony

1:15
Swing Angel
Food Show
Tex and Jinx
Lopez at Sardi's
Arthur Van Horn
Al Whiting
Famous Artists
Aq Perkins
Best Sellers
Sentimental Mood
Russ George
Hit Tunes
Midday Symphony

1:30
Swing Angel
Food; Man
Tex and Jinx
Prince Elliot
Arthur Van Horn
Grable and James
Famous Artists
Young Dr. Malone
Best Sellers
News; Wood
Russ George
Hit Tunes
Midday Symphony

1:45
Swing Angel
Man Around House
Tex and Jinx
Prince Elliot
Van Horn; News
Grable and James
Weather; News
Guiding Light
Best Sellers
Sentimental Mood
Russ George
Hit Tunes
Midday Symphony

2.00
Swing Angel
Man Around House
News; Cox
Al Dobson
George Andro
News; Igniter
Chamber Music
Mrs. Carson
Warm Up
Music Hall
News; B. George
Love Songs
Records; Mike

2:15
Swing Angel
Man Around House
Cox's Corner
Easy News
Andro; News
Counter Time
Chamber Music
Perry Mason
Baseball
Music Hall
Russ George
Love Songs
Love Songs

2:30
Swing Angel
Hobby's Lobby
Cox's Corner
Front Row
Martin Block
Music
For the Ladies
Nora Drake
Baseball
Alma Dettinger
Russ George
Love Songs
Love Songs

2:45
Swing Angel
Hobby's Lobby
Cox's Corner
Front Row
Martin Block
Music
For the Ladies
Guiding Light
Day Beat
Alma Dettinger
Russ George
Love Songs
Love Songs

3.00
Swing Angel
Hobby's Lobby
News; Schools
Playhouse
Ballroom
News; Club 800
For the Ladies
House Party
Baseball
Music Hall
News; George
News; Music
News; Symphony

3:15
Swing Angel
Hobby's Lobby
Parade Schools
Playhouse
Ballroom
Club 800
For the Ladies
House Party
Baseball
Music Hall
Russ George
Sweet and Solid
Symphony Matinee

3:30
Swing Angel
Hobby's Lobby
To be Announced
Playhouse
Ballroom
Club 800
For the Ladies
Fred Robbins
Baseball
News; Music
Russ George
Sweet and Solid
Symphony Matinee

3.45
Swing Angel
Hobby's Lobby
Just Plain Bill
Playhouse
Ballroom
Club 800
For Ladies; News
Galen Drake
Baseball
Music Hall
Russ George
Sweet and Solid
Symphony Matinee

4:00
News; Downbeat
Hobby's Lobby
Pick up Happiness
Playhouse
Ballroom
News; Club 800
Critics Choice
Galen Drake
Baseball
Art Ford
News; Jukebox
News; Concert
News; Serenade

4:15
Mr. Downbeat
Hobby's Lobby
Stella Dallas
Playhouse
Ballroom
Club 800
Critics Choice
Lanny Ross
Lassie II
Art Ford
Jukebox
Concert Hall
Serenade

4:30
Mr. Downbeat
Hobby's Lobby
Wilder Brown
Playhouse
M. B. Ballroom
Club 800
Critics' Choice
Lanny Ross
Sports Extra
Art Ford
Jukebox
Jacques Fray
Serenade

4:45
Downbeat; Scores
Hobby's Lobby
Pepper Young
Playhouse
M. B. Ballroom
Club 800
Critics News
Lanny Ross
Sports Extra
Art Ford
Jukebox
Jacques Fray
Serenade

5:00
News; Downbeat
Hobby's Lobby
Woman in House
Sgt. Preston
M. B. Ballroom
Anthy Artist
News; Club 800
News; Frank
Week's Hits
Al Kemp
News; Jacques
News; Jukebox
News; Music

5:15
Mr. Downbeat
Hobby's Lobby
Lorenzo Jones
Sgt. Preston
M. B. Ballroom
Anthy Artist
Club 800
John Faulk
Week's Hits
Art Kemp
Russ George
Jukebox
Cocktail Time

5:30
Mr. Downbeat
Dinner Date
Lone Ranger
Jean Shepherd
M. B. Ballroom
Dateline London
Club 800
John Faulk
Week's Hits
News; Ballroom
News; George
Jukebox; Jamboree
Temple Tuman El

5:45
Downbeat; Scores
D. Date; News
Ranger; Weather
Weather; Sports
M. B. Ballroom
News
Sports Final
J. Faulk; Believe
Hits; News
M. B. Ballroom
Russ George
Jukebox; Jamboree
Temple Tuman El

6:00
P.T. News
News
News
News; Lyle Van
M. B. Ballroom
Band Parade
News
Hits of Week
Ballroom
News; Concert
News; Music
News; Concert

6:15
Sports
Sports
Sports; Coy
Dorothy and Dick
M. B. Ballroom
Band Parade
Blackburn; Worth
Hits of Week
Ballroom
Concert
Music
Newsreel; Weather

6:30
Sports
Dinner Date
New York '55
News
M. B. Ballroom
Sports; Weather
Martha Wright
Hits of Week
News; Ballroom
Concert
Music
Dinner Concert

6:45
Deep Purple
Date; News
Star Extra; News
Stan Lomax
Sports
Weather; News
Lowell Thomas
Hits; News
Ballroom
Concert
Giant Jottings
Dinner Concert

7 00
Deep Purple
Phil Merriman
Time for Music
Linton Lewis
News
Masterworks
Sports; Ernie
Hits of Week
M. B. Ballroom
Italian Hour
News; Music
News; Treasure

7:15
Deep Purple
Luxury
Time for Music
Business Answers
Quincy Howe
Masterworks
Tennessee Ernie
Hits of Week
M. B. Ballroom
Italian Hour
Broadway Music
Treasure Island

7.30
Deep Purple
Gabriel Heatter
News
Gabriel Heatter
Strange
Masterworks
Tennessee Ernie
Week's Hits
News; Ford
Italian Hour
Broadway Music
Opera Spotlight

7.45
Deep Purple
Guy Lombardo
One Man's Family
Dinner Date
Sports; News
Masterworks
News
Week's Hits; News
Art Ford
Italian Hour
Broadway Music
Opera Spotlight

8:00
Fiesta
Al Brown
Fan Club
Counter Spy
Masterworks
Godfrey Digest
Spotlight
Best Sellers
Art Ford
News; Show Time
Hideaways
News; Symphony
Walter Gage

8:15
Fiesta; News
Al Brown
Fan Club
Counter Spy
Masterworks
Godfrey Digest
Spotlight
Best Sellers
Art Ford
Show Time
Hideaways
Symphony Hall
Baseball

8:30
Fiesta
Al Brown
Fan Club
City Editor
Concert
Disk Derby
Johnny Mize
Best Sellers
Art Ford
Reflection Music
Hideaway
Symphony Hall
Baseball

8:45
Fiesta; News
Al Brown
Fan Club
City Editor
Concert
Disk Derby
Baseball
Sellers; News
Art Ford
Music
Hideaway
News; Symphony
Baseball

9:00
Town & Country
News; Brown
Radio Fan Club
News; Prominates
Sammy Kaye
Memorial Concert
Disk Derby
Best Sellers
Bill Williams
News; Music
Baseball
News; Music
Baseball

9:15
To be Announced
Al Brown
Radio Fan Club
Forbes Reports
Sammy Kaye
Memorial Concert
Bing Crosby
Best Sellers
Bill Williams
Master's Music
Baseball
Music Under Stars
Baseball

9:30
Kaye's Corner
Al Brown
Radio Fan Club
Supper at Sardi's
Treasure of Music
Memorial Concert
Aunt 'n Andy
Best Sellers
Bill Williams
Master's Music
Baseball
Music Under Stars
Baseball

9:45
Kaye; News
Al Brown
Radio Fan Club
Supper at Sardi's
Treasure of Music
Memorial Concert
Amos; News
Sellers; News
Bill Williams
Master's Music
Baseball
Music Under Stars
Baseball

10:00
Kaye's Corner
Moods and Music
McGee and Molly
News; Weather
Press Prospective
Night Melody
News
Best Sellers
Lonny Starr
Sign Off
Baseball
News; Talm Am.
Baseball

10:15
Kaye; News
Moods and Music
News
John Gambling
Press Prospective
Night Melody
Pit II; News
Best Sellers
Lonny Starr
Off the Air
Baseball
Latin Amer Music
Baseball

10:30
Kaye's Corner
Moods and Music
News; Collins
John Gambling
Room 9
George Combs
Best Sellers
News; I. Starr
Off the Air
Baseball
Keyboard Artists
Baseball

10:45
Go to Town
Moods and Music
Al Collins
John Gambling
Em B News Sign'Off
Night Melody
Outdoors
Sellers; News
Lonny Starr
Off the Air
Baseball
Keyboard Artists
Scoreboard

11:00
P.T. News; Ser
News
News; Finance
News
News; Analysis
Off the Air
Newsreel
Music 'til Midnight
Baseball
News; Orchestra

11:15
Rozika; J. Leslie
Dick's Den
Spin; Tex & Jinx
Ruby Mercer
News
Galen Drake
Off the Air
Newsreel
Music 'til Midnight
Baseball
Orchestra Music

11:30
Sleepy Time
Dick's Den
Tex and Jinx
Xavier Cugat
Music
This Is N.Y.
Off the Air
Newsreel
News; Music
Johnny Mize
Orchestra Music

11:45
Sleepy; News
Dick's Den
Tex and Jinx
Xavier Cugat
Music
This Is N.Y.
Off the Air
Newsreel
Music 'til Midnight
Mize; News
Orchestra Music

Mid.
Off the Air
Lombardo
News; Tex & Jinx
Hal Tunis
News; Dance Time
Music Until Dawn
Barry Gray
World of Music
Joe Rosenfield
News; Music

12:15
Off the Air
Lombardo
Tex and Jinx
Hal Tunis
Dance Time
Music Until Dawn
Barry Gray
World of Music
Joe Rosenfield
Music

12:30
Off the Air
Dick's Den
Music
Hal Tunis
Dance Time
Music Until Dawn
Barry Gray
World Music
Joe Rosenfield
News; Milkman

1 A.M.
Off the Air
Dick's Den
Night Music
Dance Music
Mitch Reed
Music Until Dawn
Barry Gray
World Music
Joe Rosenfield
Milkman

DIAL SETTINGS

WCBS—880	WSTC—1400
WABC—770	WAVZ—1250
WICC—600	WINS—1010
WMGM—1050	WQXR—1560
WNYC—830	WNLK—1350
WNAB—1450	WMCA—570
WRCA—660	WTIC—1080
WOR—710	WNEW—1130

Daytime Features

A.M.
8.15—LOCAL NEWS: From The Post and Telegram WNAB
11:00—STRIKE IT RICH. Audience participation WRCA
11 30—MAKE UP MIND William Gaxton, actor, is guest WCBS
11 45—McGEE AND MOLLY Family situation comedy WRCA
11:45—HOWARD MILLER SHOW: Mindy Carson, singer, is guest WCBS

P.M.
12.40—LOCAL NEWS From The Post and Telegram WNAB
1.00—FAMOUS ARTISTS. Russel Obelin, countertenor WNYC
2:00—CHAMBER MUSIC TIME Albeneri Trio WNYC
2:25—BASEBALL: Brooklyn Dodgers vs Chicago Cubs WMGM
3:05—SYMPHONIC MATINEE. Piano Concerto No. 2 by Brahms WQXR
3 00—YOUNG AMERICAN ARTIST: Carolyn Powell, pianist WNYC
3 30—DATELINE LONDON: Extracts from important speeches made by well-know British personalities WNYC

Evening Highlights

7 00—MASTERWORK HOUR: Jesus Maria Sanroma, piano soloist WNYC
7 30—OPERA SPOTLIGHT: Verdi's Otello WQXR
8 00—ARTHUR GODFREY DIGEST Recorded highlights of week's programs WCBS
8 00—RADIO FAN CLUB Jerry Vale, Lou Monte Richard Hayman are guests WRCA
8 00—COUNTER-SPY Don MacLaughlin in The Flammed Fence, a drama WOR
8 05—SYMPHONY HALL Le Coq d'or by Rimsky-Korsakov WQXR
8.10—BASEBALL New York Yankees vs. Detroit Tigers WINS
8:30—DISK DERBY Jerry Vale is guest WCBS
8:30—CONCERT Goldman band from the Mall, Central Park WNYC
8 55—BASEBALL New York Giants vs. Cincinnati Reds WMCA
9 05—MUSIC UNDER STARS Dorothy Kirsten and Robert Merrill are featured WQXR
9 15—BING CROSBY SHOW Songs and chatter WCBS
10 00—McGEE AND MOLLY: Family situation comedy WRCA
10 30—KEYBOARD ARTISTS. Moura Lympany WQXR
11 00—LOCAL NEWS From The Post and Telegram WNAB
11:30—THIS IS NEW YORK Leonard Hall chairman of the Republican National Committee, is guest WCBS

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CANTALOUPES Calif. Large Sweet - Vine Ripened ea. 19c
LARGE NATIVE ICEBERG LETTUCE 2 hds. for 29c
LARGE SWEET JUICY FREESTONE PEACHES lb 19c
TOMATOES LARGE SELECTED RED RIPE NATIVE 3 lbs. 25c
GEM OIL 10% OLIVE OIL $1.85 gal.
WHITE ROSE COFFEE 79c 1 lb tin
CARNATION EVAP. MILK tall can 11c
SCLAFANI 100% PURE ITALIAN OLIVE OIL $2.79 gal.
PASTENE Italian Style — Solid Pack TONNO In Pure Olive Oil 3 7 oz. cans 99c
TAVERN PURE BLACK PEPPER 4 oz. can 25c
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SLICED BOILED HAM ..... lb 89¢
SIRLOIN Porterhouse lb 85¢
CUBE STEAKS ..... lb 79¢
B. C. HARD SALAMI ..... lb 89¢
PRUNE JUICE .... qt. 19¢
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