Your Children

by

ANGELO PATRI

A Hot Lunch

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Through the courtesy of
The Cream of Wheat Corporation

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Angelo Patri, famous authority on children, has devoted his lifetime to the study of childhood and the problems which all parents have. As the kindly, ever-understanding principal of a great New York public school, he has observed thousands of children day after day. Parents' Magazine has twice awarded him its medal for distinguished service in parental education. His books on child training, his daily articles spread by syndicate throughout the country, guide thousands of parents.

It is a great pleasure for The Cream of Wheat Corporation to sponsor Mr. Patri's talks to parents every Sunday and Wednesday evening at 7:45 New York Time, over the Columbia network, and to send you these talks in printed form.

HOW TO GET THESE TALKS

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A Hot Lunch

LUNCH is highly important to the school child. By noon time he is empty of food and energy. He is so hungry that he will eat almost anything that is offered to him. The sooner the better, is his motto. This offers us a fine opportunity to see that he gets the right kind of food, served attractively and in quantity to satisfy him. The main dish ought to be hot. There must be a dessert and it must be sweet.

If he gets a chance to go home, he is in luck. His mother can have a good warm lunch waiting for him. It ought to be a light meal. Not light in the sense of quantity. Light in the toll it takes of his energy in digesting it. It isn’t wise to give a child a boiled dinner for a school lunch. He has only a short time. If he has to eat potatoes and cabbage and boiled beef, he needs time, and plenty of it. Not only time for eating, but time for digesting it. If he has to digest a meal like that, he cannot keep awake in school for the afternoon session.

A dish of greens dressed with butter or olive oil; a couple of slices of toast; a soft boiled egg; fruit (stewed is better than raw at this time); a bit of cake or candy. The sweet is as necessary as the rest. If you give him meat, make it light meat, such as a lamb chop, or a bit of chicken. Then let him wash his hands, rinse his mouth and proceed in leisurely calm to school.

That leisurely calm is not always present in person. The usual school program makes leisure for eating out of the question. A scant hour, ten minutes out for dismissal and admission leaves fifty; twenty minutes for coming and going leaves thirty. If there is any play or loitering by the way, and there usually has to be, then that thirty is reduced to twenty. Getting settled to eat takes five minutes more. Actually the child has about ten minutes to eat his meal and be off. As a general thing he comes panting into the house, and races back to go panting up the stairs and into the classroom. If there is anything designed to kill a child’s appetite and digestion, it is the usual luncheon hour for the child who goes home to lunch.

Out of that situation grew the school lunch room. Schools are trying to serve their pupils with good food, and give them
time to eat and digest it. We do not always succeed. In the cities
we are sadly crowded. The pupils have to eat in relays, and that
means somebody has to hurry.

The worst side of the school lunch is the menu. Unless the
school authorities hold fast to the nutritious lunch, the children
are in a worse plight than they were before. At least when they
went home the mother had a chance to supervise the meal. If the
child is allowed to choose from a long list of sweets, as happens
in some school lunch rooms, he is not going to benefit by his meal.
He is going to be handicapped by it.

We had a lad who was markedly underweight. The school
nurse and physician and the visitor and the teacher were all greatly
concerned about him. He was given a diet and he was instructed
and prayed over. Still he didn’t gain. One day the nurse went
down to the lunchroom to see what he ate that day for lunch.
“Something must be wrong,” said she. “If he ate as we told him
to eat, if he rested, if he slept, he must have gained. Yet he hasn’t
 gained an ounce in a week and the condition of his mouth is not
improved a particle.”

The stripling went to the counter where the desserts were
laid out. He selected one cream puff, one chocolate eclair, one
spice cake, one bar of chocolate. He was carrying his load of
poison to his lair when the indignant nurse pounced upon him.
You can’t trust to the discretion of children when it comes to
sweets. The underweight child is likely to gobble them on every
possible occasion. Unless he finds pickles handy. In that case he
will mix his diet and make it sweet-sour.

We find ourselves twixt the devil and the deep sea in this
school lunch problem. When we decided that the menu must be
regulated, that children’s choice must be supervised, we found
that the children would do their best to get what they wanted
outside the school. The candyshop man at the corner was only
too happy to help them. He put in a lunch counter. He sold hot
dogs with plenty of mustard, white rolls, the thickness of a slim
finger went with them. Apples on a stick, painted scarlet, candy
and cakes and pies galore. Now what?

We talked to the shopkeeper. He shrugged his shoulders. “If
they buy, what can I do? I have to live. I give them what they
want. The school ought not to interfere with my getting a liv-
ing.” I don’t hold with that. I’m all for freedom in work. I’m
for giving everybody a chance to earn his living. But I draw the
line at the man who lures children to his shop to gorge on un-
wholesome food. He is a public enemy.
You can forbid the children to leave the school building during the noon period. That’s one way. You can compete with the corner stand, and give the children more and better food for their money. But you must remember that they have to have sweets. There is no sin in eating a cream puff. I’ve known a boy to eat several and survive. The sin comes in eating nothing else. A child cannot thrive on a one dish meal.

The school can do a lot on its own to persuade the children to patronize their own lunchroom. First, as I have suggested, by improving the quality and increasing the quantity of the food. A school lunchroom ought not to be run for profit. The feeding of the children comes first. If there is a profit after that it’s welcome. It will be needed to replace equipment in the kitchen, to supply extras for sick children, to make the dining room more inviting. Not a penny is wasted.

The school nurse and physician and a committee of mothers ought to be interested actively in the school lunchroom. The children who are not thriving as they should be ought to be weighed regularly, their diets adjusted to their needs. The ailing children ought to be examined frequently and special foods prepared for them. It is the imperative duty of the school to preserve the health and to maintain the growth of its children. No matter what comes or goes our children must be fed.

Again I must say that the quality of the food that a child eats has an influence, and a big one, on what that child is, on what he does. He behaves according to his feelings and you and I know that hunger, mistaken eating, indigestion, no digestion at all, will make a child feel like a little fiend and behave like one.

Conduct and accomplishment depend largely upon nutrition. I am not saying that if the school children are well fed they will be angels. I am saying that if they are properly fed they will be healthy normal children. It is easy to manage a healthy child. His mischief is an expression of good spirits. We enjoy the sight and the sound of it. But the behavior of the ill-nourished, ailing child is another matter. The mind of the under-nourished child is never clear. His thinking is never straight. If you want to appreciate that notion just go without food long enough to feel your head swim. Or have an attack of intestinal indigestion. You will appreciate your blessings after that. And you will understand better how important the feeding and the general nutrition of children are. I am certain that a lot of the trouble we have with children is owing to poor food habits.

In the smaller schools in the country, school lunches ought
to be established. It is possible to send along a well-cooked meal in a fireless cooker. Thermos jars help. The teacher can help. It would do the children a world of good to get together with the teacher and make their luncheon and serve it.

It is possible, too, for mothers to help. Sometimes mothers take turns in supervising the lunches for a week or month. Sometimes the mothers club together and pay a woman to attend to the luncheon service. There are many ways of doing this. The important thing is that it is done.

The atmosphere of the luncheon hour is important. After the luncheon is served there should be a place where the children can sit and chat and rest. Just as the men lie on the sunny bank by the road and crack jokes and tell stories in leisurely content, the children should relax. Usually there is no place for this in the school. There ought to be.

More and more we are recognizing that the school is the place where the children live. We have begun to equip the schools for living. In the country schools there could be porches and comfortable chairs. Why not? They could be used to advantage in the cities if we could afford the space, but again the city child is penalized.

The city schools could have rest rooms. The libraries could be opened; the playrooms placed at the disposal of the children coming there after luncheon. We haven't given enough thought to it. We have not thought of school as a place where leisure is invited. Work has been our motto—"Work for the night cometh."

I believe that if we appreciated leisure a little more, if we cultivated ease of body and mind a little deeper, the night would not come so soon for many of us. I believe that if we gave the children a chance to eat their luncheon in appropriate surroundings, made the lunch attractive and nutritious, opened rooms for rest and relaxation, we would be conferring great power on the next generation. And along with the power a fine quality of character. Health of body and spirit go together, and both are based on good food.

This is nothing new to humanity. The religious rituals always give an important place to the breaking of bread, the sign and symbol of the food of the spirit. The schools might well take on the same idea and make the bread the children break within their walls the symbol of health of body and mind and spirit. There is much need.
HEALTH POSTERS FOR CHILDREN

Thousands of boys and girls are participating enthusiastically in the H.C.B. Club. Mothers say the plan works wonders.

Send in today for your child's first H.C.B. Club poster. All material is free, including colored stars, Club button, and colorful posters of romantic figures in history. With these we will likewise send booklet, "The Important Business of Feeding Children," containing much worthwhile information on this subject.

SURPRISE BOWLS

For the younger children the Cream of Wheat Surprise Bowls, as described on the Cream of Wheat package and in the booklet, "The Important Business of Feeding Children," are especially appropriate. Follow the directions as given on the package to get a pair of these cereal bowls. The package also refers to the Rastus rag doll, which has brought happy hours to thousands of children. THE CREAM OF WHEAT CORPORATION, MINNEAPOLIS, MINN.

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TALKS TO MOTHERS (50 cents) D. Appleton & Co.
SCHOOL AND HOME ($1.50) D. Appleton & Co.
PROBLEMS OF CHILDHOOD ($2.00) D. Appleton & Co.
THE QUESTIONING CHILD ($1.50) D. Appleton & Co.
A SCHOOLMASTER OF THE GREAT CITY ($1.60) MacMillan, 5th Avenue, New York City.
WHAT HAVE YOU TO GIVE ($2.00) Doubleday, Doran & Co., Garden City, N. Y.

For Children

SPIRIT OF AMERICA (90 cents) American Viewpoint Society, Astor Place, N.Y.C.
PINOCCHIO IN AFRICA (64 cents) Ginn & Co., 5th Avenue, N. Y. C.
PINOCCHIO IN AMERICA ($2.00) Doubleday, Doran & Co., Garden City, N. Y.
ADVENTURES OF PINOCCHIO (translation) ($2.00) Doubleday, Doran & Co.
WHITE PATCH (56 cents) American Book Co., Washington Square, N. Y. C.
The Most Hazardous Period of Childhood

Do this, Mothers, to Help Your Child Safely Through It

The most hazardous period of childhood—from the age of one to six. It is twice as full of dangers, government records show, as the later years!

Guard your children, in every way, during this anxious time. Cream of Wheat will help you see them safely through it. See that they eat it regularly.

For more than thirty-six years, child specialists have approved Cream of Wheat. It puts on good, solid pounds, with never a fear of stomach upset. It is unusually easy to digest.

Cream of Wheat is a natural weight builder. It promotes the steady, healthy weight increase that every normal child should show. It helps to curb the nervousness, listlessness, that often result from an underweight condition.

Cream of Wheat supplies abundantly the energy that growing children must have—and it releases this energy more quickly than any other cereal in common use. Simple in form, free from the harsh, irritating parts of the grain, a child's delicate digestive tract handles it easily.

Thus Cream of Wheat fortifies your children for the day before them. It guards them against the dangers of underweight. It builds up their resistance. Gives them the energy they need.

If you have a baby that is just ready for solid food, give him Cream of Wheat and feel safe. Child specialists everywhere agree that Cream of Wheat—so smooth, so easily digested, and so rich in energy and weight-building elements—is an ideal first solid food for babies. It is so easy to play safe! Why experiment with anything so precious as your little baby's health?

Give your children Cream of Wheat regularly. It comes in the hygienic, triple-sealed package that protects the pure quality of the cereal within. The cost is moderate. Forty generous servings in the box, at about half a cent each.

Ask your grocer for Cream of Wheat—today!
“Your Children”

broadcast by Angelo Patri

every Sunday and Wednesday evening at 7:45 New York time

over the following

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These well loved entertainers

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THE CREAM OF WHEAT CORPORATION

MINNEAPOLIS, MINN.