

**Our Children**

By Mrs. W. B. Davis



The hour for a child's retirement will depend somewhat upon the habits of the rest of the family. If father must go to work early then the child should go to bed early. If, on the other hand, daddy is on night work and must sleep late in the morning, the young child's bedtime may be later and his rising time correspondingly later.

Children who must be in school should be in bed not later than eight. Many a mother sees that her child is overactive and restless, then hears him say he is not sleepy. Therefore, she thinks that he is not tired, that if he needed sleep he would go to bed readily. Such a mother does not realize that every child who does not want to go to bed, may be the one who needs the most sleep.

Unwillingness or open refusal to go to bed, if there such be, should not necessarily cause family consternation of any sort. Nor should it result in permission to "Stay up just a little longer". Bedtime should be bedtime and consistent regularity means that exceptions to the rule are not to be expected.

The only way to ensure satisfactory sleep habits is to see that the time for sleep is regularly adhered to, until the child will grow sleepy at the established time. It definitely takes two years or more to establish good sleep habits. For that reason, regularity in the sleep program must be maintained for the major part of the childhood.



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**Urban League**

by Katherine Thompson

Troop 21 had a lovely party for troop 7 at the Urban League June 6. This was an inter-racial party. It was a well arranged affair which the girls did themselves. It climaxed the work on the Folk Dance badge — and it did just that.

The invitations, decorations, refreshments and evening's entertainment were all planned by the group.

Mr. George Randol took several pictures of the group in action. The pictures tell a story that is real to the children.

The 4H girls are looking forward to giving their demonstrations at the 4H meeting Friday at Ag. Campus. Two teams will give demonstrations on how to prepare fruits attractively for the table.

Vacation time is here and we do hope some of the children have saved their pennies for the camp period.

Vacation Church School will open Monday, June 16, at 9:30 a.m. at the Urban League. The program will last for one week. We do hope the children will all attend.

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**The Sports Front With Smoky**



By Howard  
"Smoky"  
Molden

of 10 outstanding fathers of 1947 chosen. The others are, in their numerical order; Warren R. Austin, Babe Ruth, Bob Hope, Fredric March, Edgar Bergen, Irving Berlin, George C. Marshall, Eric Johnson, and last place selectee Arthur H. Vandenberg.

(By proxy, without permission of the boss columnist)

Howard (Smoky) Molden has really been making the local boys sit up and take notice.

He is pitching for Sandy's this season and his "speed ball" is becoming famous. He pitched his team to a 12-2 victory over the highly rated House of David team recently at the Sherman Field diamond. "Smokey" travels with the team out in the state for games and has gleaned his share of the laurels.

It's rumored that he is grooming his young son, Rodney Steven, for the ball game too.

**JACKIE ROBINSON NAMED "NEGRO FATHER OF THE YEAR"**

Listed as one of 10 outstanding Fathers in Country

NEW YORK (ANP) — Jackie Robinson, the new and sensational first-sacker of the Brooklyn Dodgers, has been selected at the outstanding "Negro Father of the Year," according to a report released by the National Father's Day Committee here last week.

Jackie, the only Negro selected by the committee, ranks as one



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