

NO KIDDING!

For boys and girls aged 7 to 11

Number 12 ● September/October 1998

TRAITORS' GATE

Who's there?

Knock!
Knock!





No Kidding!

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If you would like to be in **No Kidding!**, write to us at **PO Box 10427, London N8 8UP**. Make sure you write your address – some of you have forgotten to tell us where you live so we can't write to you to ask you to have your picture taken!

To subscribe to 6 issues of **No Kidding!** and have them posted to your home, send a cheque for £7.50 made payable to **Gibson Orr Smith** with your name and address to **No Kidding! PO Box 10427 London N8 8UP**.

No Kidding! is distributed free to 156,000 families through primary schools in greater London. The magazine is distributed free to schools in Tower Hamlets with the support of News International.





PLAYGROUND FULL OF KIDS' IDEAS

Kids at Stroud Green School in Finsbury Park, north London have a brand new playground which they helped to make! They started planning the playground 4 years ago because they were fed up with the boring, uneven playground in which they couldn't even play football.

Parents and teachers helped raise money to make a fantastic play area with a brand new climbing frame, an amphitheatre, a place to play ball games and plants. The people who designed the playground used ideas from kids at the school – there are even tiles in the playground which were made by pupils.

FUN AFTER SCHOOL

Streatham Wells Primary in Lambeth, south London, has set up a new after school club where kids can go to have fun while their parents are working. Kids who go to the club get a chance to have a go at

trampolining and working on computers at a nearby secondary school, as well as doing art, sport, dance and rollerskating at their own school. The club has been set up by the Parent Teacher Association with the help of money from the National Lottery.



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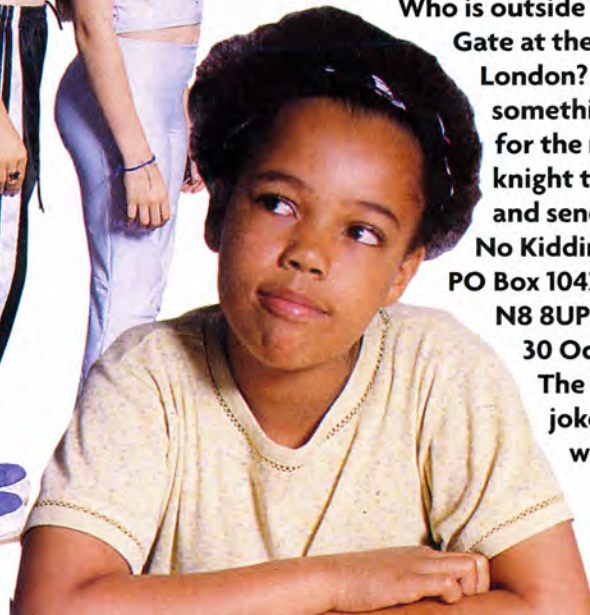
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If anything exciting is happening at your school, or if you would like us to visit to tell you about how we make **No Kidding!**, get your teacher to ring us on 0171 354 5040.



**Knock!
Knock!
Who's there?**

Finish this joke – and win £25 of gift vouchers!
Who is outside Traitors' Gate at the Tower of London? Think of something funny for the medieval knight to say and send it to **No Kidding! Joke**, PO Box 10427, London N8 8UP by Friday 30 October 1998. The funniest joke will be the winner!



STREET WISE



A town was first built on the site of the City nearly 2,000 years ago in the year 50AD by the Romans, who had invaded "Britannia". By the year 100AD, "Londinium" had become the Roman capital here.

The Romans built a wall around the part of the town on the north bank of the river, stretching about 3.4km from today's Blackfriars to the Tower of London. It's easy to work out where the street name **London Wall** comes from – and you can still see parts of the Roman wall in the City today.

The Romans stayed here for about 400 years. When they left, other people who lived in Londinium left too and the town fell apart. It was empty for nearly 200 years.

Then in the 7th century, a new town, "Lundenwic", grew outside the Roman walls on the north side of the Thames – roughly on the site of today's Covent Garden and The Strand. It was home to the Saxons, who came here from today's Germany.

The Saxon King Alfred rebuilt "Ludenburg" inside the Roman wall



to help defend it against the Vikings from today's Denmark who attacked from the 860s onwards. Saxon King Edward later built a palace to live in outside the City Wall at Westminster, the site of our Houses of Parliament.

When Edward died in 1066, Harold II became king – but only for a short time. At the Battle of Hastings, Harold was killed when the English army lost to William of Normandy who came from the area which is now part of today's France. After

the Norman conquest, William the Conqueror became king. London began to grow again throughout the Middle Ages and many street names in the City of London date from this time.

Cheapside was the main market place of medieval London – ceptan was the old English word meaning "to buy" and ceap or chepe was "a price" or "a sale." In those days, there were no fridges and food was brought into the city every day and sold at street

The streets of London have been destroyed 3 times!

The first time was by Boudicca, queen of the Iceni, a tribe of people who lived in eastern England when the Romans came. She burnt Londonium and

2 other cities in the year 61AD because the Romans had stolen her land and hurt her daughters. The Romans rebuilt Londinium.

Then in 1666, the Great Fire of London burnt for 5 days and destroyed 400

streets and more than 13,000 homes. 100,000 people were made homeless and many spent their winter camping out in fields around the city. The disaster started because a baker in Pudding Lane didn't

put his fire out properly before going to bed – **The Monument** in the City marks the place where the fire began. This column was designed by Sir Christopher Wren, an architect who also designed St Paul's Cathedral.

markets in roads nearby. Milk was sold in **Milk Street**, bread was sold in **Bread Street** and chickens were sold in **Poultry!**

People who made gold were based in **Goldsmith's Row.**

Pudding Lane, where the Great Fire of London started in 1666, is said to be named after the insides of animals. The word pudding comes from the medieval word for guts and entrails – food made using this was sold in Pudding Lane. The bits that weren't sold may have been taken down the lane to boats on the Thames which took rubbish away. And **Houndsditch** is supposed to be the site outside the City's walls where medieval Londoners threw their dead dogs!

In medieval times, London was tiny compared to today! Even after the Great Fire, when it was rebuilt, the city only covered the areas known today as the City and the West End. Even places like Chelsea, Kensington and Lambeth were villages in the country around the city. They only became part of London as it grew outwards in the 1800s. Westminster was a separate city and even that was mostly open fields until the 1600s!

DO YOU KNOW WHY YOUR STREET HAS ITS NAME?

Is it named after a famous person, someone who lived there or because of something that happened there?

When new streets or buildings are made in London, local councils decide what name they should be given. A law agreed in 1939 makes it the duty of local councils in the capital to decide names and street numbers. The Corporation of London is the local authority for the City and here new streets and buildings are usually named after checking historical records and old maps.

Because the City is the oldest part of the capital, it is interesting to walk around, look at the sometimes strange street names and imagine what life used to be like. You may spot rectangular blue plaques on some buildings, put up by the Corporation of London to mark historic places or remember people.

In medieval times, London had a mayor who was very important (the City still has a Lord Mayor). The most famous mayor of all

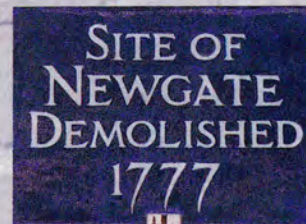


was Dick Whittington. A plaque at **19-20 College Hill, EC4**, shows that the house of Richard Whittington stood on the site.

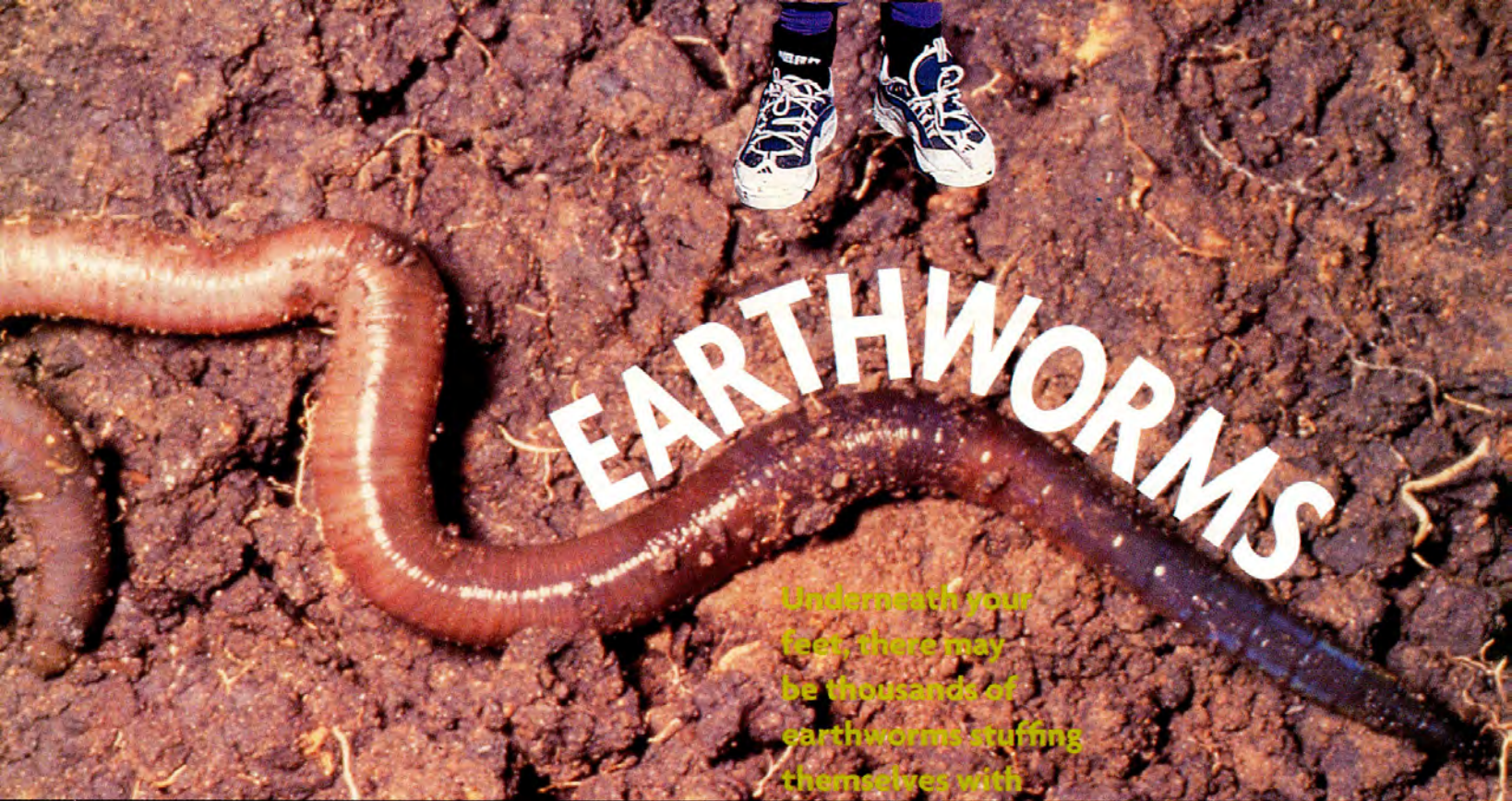
At **5 Wardrobe Place, EC4**, a plaque marks the site of the King's Wardrobe. This wasn't a wardrobe like the one in your bedroom! It was a storage place for things owned by the king and was used from the 1300s until the

building was destroyed in the Great Fire of London.

A plaque on the Central Criminal Court, **Newgate Frontage EC1**, records the site of Newgate prison. People go to the Central Criminal Court, which is also called the Old Bailey, when they break the law. Newgate prison was first opened when King John was on the throne in the early 1200s. It was built over a gate in the City Wall which is where its name comes from. Many famous prisoners were sent here and it was horrible inside – there was no water and it was overcrowded and dirty. Some criminals were executed in the street outside.



CORPORATION OF LONDON



EARTHWORMS

Underneath your feet, there may be thousands of earthworms stuffing themselves with soil or fallen leaves which they have pulled down into the ground.

Inside their bodies, there is a lot of fluid, but tiny walls between each segment stop it sloshing from one end to the other. Earthworms do not have eyes or ears but they can “sense” things – like vibrations, changes in temperature and light.

Some earthworms are very strong – they can push things that are much heavier than they are. But some can also be hurt easily. Being in the sun for even a short time can dry some types out and kill them – that’s why many worms stay underground during the day and only come out at night.

They suck their dinner inside them, grind it up and pass out what they don’t need through their bodies. Have you ever seen an earthworm’s squiggly **cast** in the park or in a garden? Each cast is full of good things that help plants to grow.

As some types of worms tunnel deep down to make their homes, or **burrows**, they loosen the soil and make it easier for plants to stretch their roots out, and for rainwater to seep deep into the ground. All that wriggling around means the soil gets mixed up and deeper bits are pushed to the surface. Over thousands of years, some earthworms’ movements have even helped to bury ancient buildings under soil.

Other types of worms

live nearer to the surface of the soil. Some like to live in rotting vegetables and plants. There are more than 3,000 types of worms living all over the world and 28 different sorts in Britain. None of them have backbones – they are **invertebrates**. Because their bodies are made of up to 400 rings or segments, they are also called **annelids**. An earthworm’s body looks a bit like a tube and is criss-crossed by one set of muscles going along it and another set going around it. These muscles make the worm move by stretching and squeezing – next time you see a worm, watch its body get fatter and thinner as it moves. There are tiny bristles called **chaetae** on each segment to help the worm grip the soil.

● **Scientists at the Open University grew an earthworm that measured 22.5cm and weighed about 18 grams! In other parts of the world, there are worms that measure about 2 metres!**

● Earthworms are both male and female at the same time – they are called **hermaphrodites**. If you look closely at a worm, you will see a piece on its body which is fatter and pinker than the rest. This is called a **saddle**. When worms make babies, the saddle is pushed off and buried in the soil. Young worms hatch from it within a few weeks.

● **Some people believe if you cut an earthworm in half, you will get 2 worms! This is not true – both halves are likely to die. If a worm has part of its tail end cut off, however, the rest of the animal may live and some of its segments may grow back.**

● **Charles Darwin, who studied nature, carefully watched earthworms in his garden during the last century and wrote a book about them. He said: “It may be doubted whether there are many other animals which have played such an important part in the history of the world.”**

Word search

D R E I R R E T R E D R O B G
 E F L E I N A P S R E K C O C
 L D O G D O O D D B O B L X L
 D S N E N I E R G B O D O E D
 O B E U N Y A W L L E V W R G
 O O X T O N O O N U A E S G
 P X E M R H O G R S T H G T N
 Y R A E C D N E E X P U X L O
 O S B W H E T A R E P O T I E
 T T O O S R S W H I P P E T E
 S H U E I A U S K G M A S T S
 C N S E L A N L I F F F S A E
 D A V U M A S T I F F A D A T
 D E K A M N O I T A M L A D L
 R I G R E A T D A N E A L M A
 S S E L R I A H N A C I X E M
 S G E I L L O C D E D R A E B

SPOT THE DOGS!

Did you know there are nearly 200 types or breeds of dog?

See if you can find the breeds listed here. Their names run vertically, diagonally or horizontally, from right to left, or from left to right!

- | | |
|------------------|------------------|
| AFGHAN HOUND | GREAT DANE |
| BEAGLE | MALTESE |
| BEARDED COLLIE | MASTIFF |
| BLOODHOUND | MEXICAN HAIRLESS |
| BOLOGNESE | POINTER |
| BORDER TERRIER | PUG |
| BOXER | ST BERNARD |
| COCKER SPANIEL | SALUKI |
| CHOW CHOW | SAMOYED |
| DALMATION | TOY POODLE |
| GERMAN SHEPHERD | WHIPPET |
| GOLDEN RETRIEVER | |

DISCOVER DOGS

IN LONDON

If you own a dog already, are thinking about getting one or just love them anyway, you'll enjoy Discover Dogs.

find out all about them, how to look after them – and see them working and enjoying themselves. You will also have the chance to join the Kennel Club Junior Organisation, a special club for 8 to 18 year olds who are interested in dogs.

When you visit the show, you will be able to see more than 170 breeds of dogs.

We've got 5 family tickets to give away to No Kidding! readers.



Just send your name, age, address and school name to No Kidding! Dogs, PO Box 10427, London N8 8UP by Friday 16 October 1998.

The first 5 names drawn out of the hat on that day will be sent tickets which admit 2 adults and 2 children.



To book tickets for Discover Dogs, ring 0171 518 1012. Admission costs £7 for adults, £4 for children/senior citizens, family ticket £15.

Terms and conditions: 1. Closing date Friday 16 October. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post.

on

Saturday 7 and Sunday 8 November

at

Earls Court 2

from

10am to 6pm



Do you believe in fairies?

The film *Fairytale – A True Story* is based on the story of Frances Griffiths and Elsie Wright. When people say you're telling a "fairy tale", it often means they think you are fibbing. That's because there are lots of made-up stories about fairies – in books, on television and in films.

But there are also books written by people who believe in fairies – and many say they have seen them.

Not so long ago, before scientists knew so much

about the world, lots of people believed in fairies and wrote about them. In the 17th century, one writer said fairies could be best seen when the day was nearly over and the light was fading!

There are stories of "fairy lights" floating in the air and "fairy rings", patterns in the ground. Some people said they had been taken to a fairy world – and some believe fairies are aliens!

Fairies are mostly thought to be "spirits

of nature", little people who look after plants, trees and flowers, mountains, forests and stones. People who believe in these spirits think even things like computers each have a fairy – when they go wrong for no real reason, they think it's because the fairy is playing tricks! These little people are also known as devas, leprechauns and pixies. The people who grow things in one garden in Scotland say every plant has its own deva looking after it – the plants grow really well even though the earth is rocky and sandy.

If fairies do exist, there are probably quite a few of them living in your garden or in your home – stories tell of fairies called brownies helping out around the house. If you want to see them, the advice from people who believe is to leave out milk and cake – fairies apparently love them!

Many small children say they see fairies and aren't believed by grown-ups. Lots of small kids have invisible friends...are they playing with fairies that only they can see?

What do you think?

WOULD YOU FIB FOR MORE THAN 60 YEARS?

That's what Frances Griffiths and her cousin Elsie Wright did. In 1920, their photographs of "fairies" were published in magazines and newspapers – and thousands of people believed they were true. Even Arthur Conan Doyle, who wrote the famous Sherlock Holmes stories, believed the photographs showed real fairies.



It wasn't until the 2 cousins were old ladies in the 1980s that they said they had made the fairies themselves. Their fairies, copied from pictures in a book, were held up with hatpins that didn't show on the photographs. They first took photographs in 1917, when Frances was 10 and Elsie was 17, and the First World War was still being fought, to "prove" to their mothers they had been playing with fairies.

These photographs, taken near a little stream which ran behind Elsie's home in Cottingley, Bradford, with her dad's old-fashioned camera, show a group of little figures dancing underneath Frances' face and Elsie reaching out towards a gnome.

The 2 girls' mothers didn't know

whether to believe their children. Then Elsie's mother showed the photographs to people who believed fairies might exist. When Arthur Conan Doyle got to hear about them, he wrote about them in a magazine and the photographs were printed: he believed the girls.

Imagine telling your mum a fib and then having it printed in a national newspaper as the truth. Would you stick to your story? Would you like people coming to ask you questions and taking your photograph? Would you find it hard to keep on fibbing? What would you do if you then had to tell more fibs?

In 1920, when the "fairies" were famous, the 2 girls took some more photographs. This time, they showed



Frances with a leaping fairy, Elsie being offered a posy of flowers and a group of fairies dancing in the sun.

Years later, when the girls were grown-up and married with children, the story was still being written about in the newspapers. Some people believed the fairies were real, others didn't. There was even a television programme made about the photographs – Frances and Elsie were interviewed.

It wasn't until 60 years after the photographs were first taken that the girls told the truth. But Frances said, even though they had made fairies and held them up with hatpins, she had seen real fairies near the stream behind Elsie's home. And she said the fairies in the fifth photograph taken had been real!

This magical story has been brought to life in **FairyTale – A True Story**, available to buy from all good video stockists from 19 October. The RRP is £14.99



WARNER BROS. FAMILY ENTERTAINMENT



IS FEEL

Our bodies need energy to work properly – you need energy to walk, to sleep, to play football, to eat – even to read No Kidding! Energy is measured in kilocalories – when you play football for an hour, your body uses up about 300 kilocalories. When you play or work on a computer, your body uses about 70 kilocalories an hour. When you read No Kidding! for an hour, you are using about 60 kilocalories. All this energy comes from the “nutrients” in the food we eat which are turned into fuel inside us and carried around our bodies in our blood.

There are 3 **nutrients** which give us energy – **fat, carbohydrate and protein**. Each type of nutrient is also used by our bodies to do other jobs inside us. **Vitamins and minerals** (found in fresh fruit and vegetables, for example) are also nutrients – they keep us healthy and stop us getting certain illnesses. That’s why doctors tell us to eat a “balanced” diet and make sure we have some of every sort of food. That’s even more important for kids who are still growing!

Fat in food contains 2 **essential fatty acids** which our bodies must have to grow properly but cannot make by themselves. Fat also carries vitamins A, D, E and K. There is fat in lots of foods – in meat, fish, milk, butter, cheese, eggs and avocados, for example. There is also fat in vegetable oils used in cooking. These oils come from sunflower, corn, rapeseed, olives, soya and other plants.

Each gram of fat gives our bodies 9 kilocalories.

Kilojoules are also used to measure energy. 1 kilocalorie is the same as 4.18 kilojoules.

Carbohydrate and protein give us less kilocalories. A gram of carbohydrate (found in bread, rice, pasta and sugar, for example) and a gram of protein (found in fish and meat) each give us about 4 kilocalories.

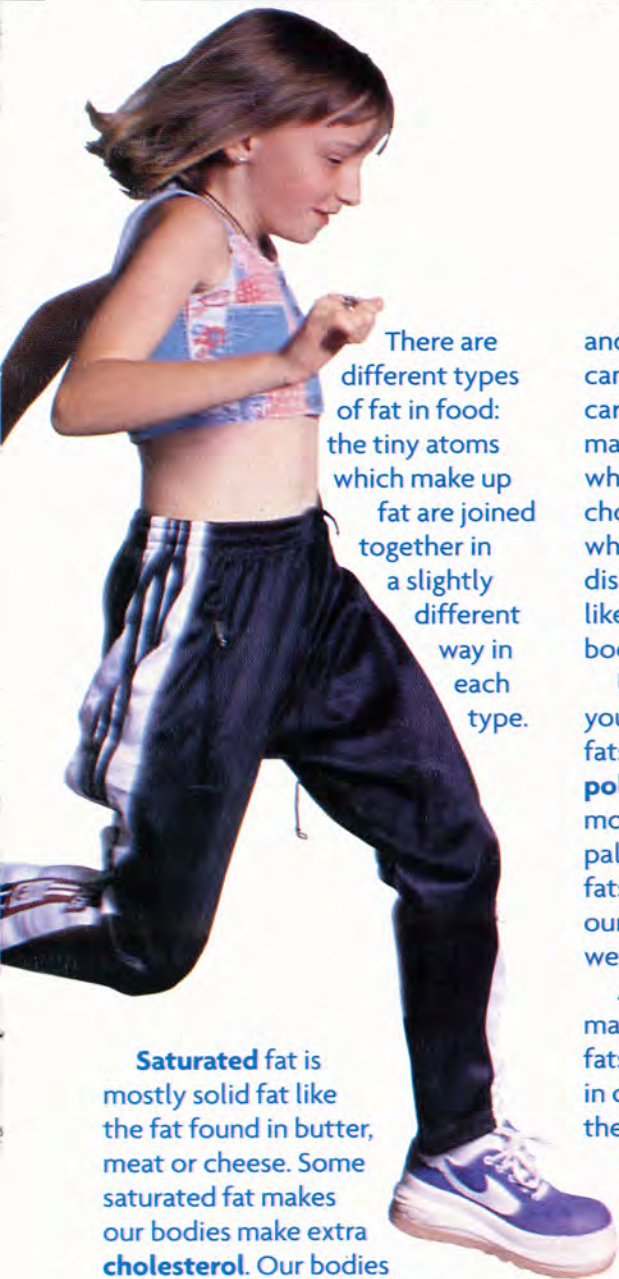
So the more fat we eat, the more energy we give our bodies. And if we don’t use up all that energy, we put on weight because our bodies store the fat under our skin. Scientists say it is easier for us to turn fat we eat but don’t use into body fat than it is to turn unwanted carbohydrate into

body fat. So eating more fat than your body needs is not good for you because being overweight can be unhealthy.

That doesn’t mean fat is bad for you: being underweight can also cause health problems. The best thing to do is to eat lots of different types of food to give you enough energy to run, swim, play football or whatever sport you enjoy.



T BAD FOR YOU?



There are different types of fat in food: the tiny atoms which make up fat are joined together in a slightly different way in each type.

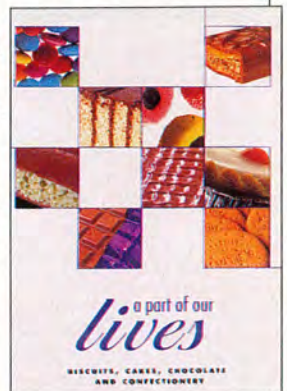
Saturated fat is mostly solid fat like the fat found in butter, meat or cheese. Some saturated fat makes our bodies make extra **cholesterol**. Our bodies make cholesterol themselves

and over the years extra cholesterol can build up inside the arteries which carry blood around the body. This makes it harder for the blood to go where it's supposed to. Too much cholesterol is one of the reasons why some grown-ups have heart disease. Some saturated fat, however, like cocoa butter, doesn't make our bodies make extra cholesterol.

Unsaturated fats are better for you. There are 2 kinds of unsaturated fats – **monounsaturated** and **polyunsaturated**. Vegetable oils are mostly monounsaturated – though palm oil is saturated. Polyunsaturated fats, found in some vegetables, give our bodies the essential fatty acids we need to grow properly.

Another group of fats you may have heard about are **trans** fats. These raise cholesterol in our bodies even though they are unsaturated!

Food made from fat often tastes good and that's why it's sometimes easy to eat more fat than our bodies need. Cakes, biscuits and chocolate contain fat – they also contain lots of carbohydrate and some vitamins and minerals. There's nothing wrong with eating them as long as we don't eat too many of them – cakes are especially important on birthdays! The Biscuit, Cake, Chocolate and Confectionery Alliance (The BCCCA) represents a group of companies that make biscuits, cakes and chocolates. They have a booklet, "A Part of our Lives", which explains what different ingredients and nutrients are in biscuits, cake and chocolate and about the traditions of eating them.



If your family would like a copy, write to The BCCCA at 37-41 Bedford Row London WC1R 4JH.



PEANUTS AREN'T NUTS... AND THERE'S NO BUTTER IN PEANUT BUTTER!

Peanuts belong to the “legume and pulse” family – their brothers and sisters include peas, chick peas, lentils and beans. Peanut butter, which many of you eat in your sandwiches at school or on toast in the morning, is simply lots of peanuts ground up together with a little bit of salt and sugar.



There are more than 20 different types of proteins in peanuts. Protein helps the cells in our body grow. Inside peanuts, there is also fat, which gives us energy, and fibre, which helps keep our stomachs healthy.





In 1903, American scientist Dr George Washington Carver wrote down more than 300 different ways of using peanuts. These included using them as toothpaste and as shoe polish!

Astronaut Alan Shepard took peanuts into space when he travelled to the moon in 1971 on the rocket Apollo 14!

Peanuts are also called monkey nuts and earth nuts.

Peanuts were first eaten by people living in countries in Europe in the 1500s. The Spanish who sailed to south America found peanuts being grown and eaten by the Incas who lived there. They brought them back to Europe. The Incas used to bury their dead with jars of peanuts so the spirits could eat them in their next life.

Peanuts are the seeds of plants which need plenty of warm weather and are therefore not grown in this country! They are grown

on farms in the USA, in India, in south America, in Africa and in Asia.

The yellow flowers on the peanut plant sink a runner into the ground that works its way into the earth and turns into a pod, or shell, which contains the seeds. Because they grow beneath our feet, peanuts are sometimes called groundnuts.

After about 6 months, farmers dig up the plants, turn them upside down and leave them to dry in the

sun before cutting off the pods. If you've ever bought peanuts in their shells, you will know that each pod holds up to 4 "kernels" – the peanuts – covered in red skins.

Special machines take off the shells and other machines rub the red skins off the kernels. The peanuts are then sent all over the world to companies who sell them as snacks, make peanut oil or use them to make other food like peanut butter.



AMERICAN PEANUT COUNCIL

Peanut allergy

A small number of people are allergic to some of the proteins in peanuts.

If they eat peanuts, or anything containing peanuts, their bodies may swell up and they may find it hard to breathe. This happens because the body thinks the proteins will harm it – so it pours chemicals into the blood to fight against them. People who have an allergic reaction may need to take adrenaline, a chemical which makes their body go back to normal.

People who are allergic to peanuts should always check the ingredients listed on food to make sure it does not contain them. Scientists say "refined" peanut oil does not cause an allergic reaction. This is because the proteins within peanuts are destroyed as the oil is refined. "Unrefined" or "crude" peanut oil can cause an allergic reaction.



Peanut butter has no butter in it at all!

A jar of SUN-PAT peanut butter, for example, contains 93 per cent peanuts which have been shelled, roasted, had their skins taken off and then ground together. Peanut butter was first invented in 1890

by an American doctor who wanted to find a healthy food for elderly people he was looking after.

Most people eat peanut butter on bread or in a sandwich. Bread contains carbohydrate which gives our bodies energy – one peanut butter sandwich gives you enough energy to cycle for a whole hour. If you eat a peanut butter sandwich with fresh fruit for lunch, you will be giving your body protein, fat, carbohydrate and vitamins and minerals – a bit of everything your body needs.



COOKIN' FOR KIDS

Cooking with friends and family in the kitchen can be fun – and afterwards you get to eat the delicious treats you've made!

As well as being fun, cooking will help you understand more about food – food to help you grow like milk and yoghurt, food to keep you healthy like fruit and

vegetables and food to give you energy – like fish, red meat and baked beans. Meat gives your body vitamins and minerals as well as iron which helps to keep you healthy. Rice, bread and pasta are also good for you and will help fill you up! Fresh fruit and vegetables are delicious and packed full of

vitamins – choose them as a snack between meals if you feel hungry. To help you start in the kitchen, British Meat has launched Cookin' for Kids. If you would like to try your hand at cooking, send off for a free Cookin' for Kids poster which has seven easy recipes to get you started.



Write to
Cookin' for Kids
PO Box 44,
Winterhill House,
Snowdon Drive
Milton Keynes
MK6 1AX

Before starting to cook, read the cookin' code...

- **Always** check with an adult that it's okay to cook
- **Get help** from an adult when using an oven, grill or electrical equipment
- **Wash** your hands and wear an apron
- **Clean** the work surface before you start and tidy up as you go
- **Knives and open cans** are sharp – ask an adult for help
- **Don't** lick spoons or taste raw mixture
- **Wash** vegetables and salad
- **Use separate** chopping boards for raw meat and vegetables
- **Cook meat** thoroughly
- **Hot** things burn – remember to use oven gloves
- **Wash up** in hot soapy water
- **Wrap and store** food in a fridge – check with an adult.

Now you've read the code, why not try making

Crunchy Meat Nuggets
(serves 2)
Cooking time:
15-20 minutes
Temperature:
Gas Mark 6,
200C, 400F

What you need:
225g lean beef, pork or lamb cut into 2cm cubes
(choose meat you can grill like beef rump steak or lamb leg steaks)
50g fine brown breadcrumbs
25g cheddar cheese, finely grated
salt and pepper
1 medium egg, beaten

What you do:
In a bowl, mix together the breadcrumbs, cheese, salt and pepper. Using a separate dish, dip the cubes in the beaten egg and then roll in the breadcrumb mixture. Put the cubes on a non-stick baking tray and bake in a pre-heated oven for 15 to 20 minutes, until golden and crispy. [Always use oven gloves and ask an adult for help.]

Why not cook your favourite oven chips or potato wedges at the same time? – then serve with sweetcorn and tomato.

WIN A COOKING PARTY IN YOUR HOME!

The winner of this competition will be able to invite 11 friends round to their home to cook a delicious tea together – and then eat it! The cooking party for 12 will be run by Cookie Crumbles who are experts

at organising parties – they even do the washing up afterwards so your parents can relax and put their feet up.

To win this great prize, all you have to do is plan a special meal which you and your friends would like to cook and eat. Ask a grown-up before you enter.

The meal can have up to three different dishes and should include all the different sorts of food you need to eat to be healthy. Make sure you use fruit and vegetables and at least one dish made with red meat. Send your cooking plan to:



No Kidding!
Cookin' for Kids
PO Box 10427, London N8 8UP
by Friday 30 October 1998

Terms and conditions:

1. There are no cash alternatives.
2. Closing date Friday 30 October.
3. Only 1 entry per child.
4. Winner will be notified by post.
5. Winner will be selected by judges.
6. Competition not open to children of employees of the Meat and Livestock Commission.

cookin'
for
kids



COUNTDOWN TO THE 21ST CENTURY **Part 5**

What happened during the fifth decade of the 20th century – 1940-1949...

WORLD WAR II

Until 1945, millions of people throughout the world lived in fear of death and destruction of their homes and cities. The Second World War had started at the end of 1939 because Adolf Hitler, leader of Germany, wanted to take control of many countries in Europe. At the end of the war, more than 55 million had been killed – not just soldiers, sailors and pilots, but ordinary people who were killed by bombs or in prisons. Thousands and thousands of homes and buildings were destroyed.

First of all, Adolf Hitler sent soldiers to take over Austria, Czechoslovakia and Poland. Then Germany took control of Norway and Denmark, Belgium and The Netherlands.

France and Britain had sent soldiers to fight against the Germans when Poland was invaded. But by May 1940, thousands of these soldiers were trapped at Dunkirk on the northern coast of France as the Germans swept towards them. These soldiers were rescued by hundreds of boats, big and small, which sailed backwards and forwards from Britain. France then surrendered to the Germans and people feared Hitler would try to invade Britain next.

German 'planes were sent to bomb Britain but British 'planes fought back – this fighting in the sky was called the Battle of Britain. Hitler started dropping bombs on London and other cities and Britain sent 'planes to drop bombs

on German towns. German submarines or "U boats" attacked big ships bringing food to Britain across the Atlantic. By 1943, however, many U boats were being destroyed thanks to new equipment that helped find them under the water.

When Italy and Japan (Japan was already at war with China) teamed up with Germany, the fighting spread across the world.

Then in 1941, hundreds of Japanese aeroplanes attacked American ships based at Pearl Harbour in Hawaii and other places in the Pacific Ocean. More than 2,000 people were killed in the surprise attack and the USA joined Britain and France and entered the war. These 3 countries – and countries ruled by Britain – were called the

"Allies" because they were working and fighting together. More than 1 million US troops came to Britain to be ready to attack Germany. They were called GIs which was short for "Government Issue" – that's what the labels on their uniforms and equipment said.

Greece surrendered to Germany, and so did Yugoslavia. By 1942, German armies were in control of much of Europe.

THE FINAL SOLUTION

Hitler hated Jewish people. In Germany and in other countries he invaded, he took their jobs away, told soldiers to attack them, made them live away from other people in "ghettos" or sent them away to prisons called



concentration camps. Many Jewish people hid from the Germans – like Anne Frank and her family in The Netherlands. Anne died in 1945 but after the war, her diary of the time she spent hiding was published as a book. Have you read it?

The “Final Solution” was Hitler’s plan to kill every Jewish person in Europe. These killings were carried out in concentration camps like the ones at Auschwitz and Belsen in Poland. The terrible truth about how Jewish people were tortured and murdered in these camps came out at the end of the war when starving survivors were freed.

THE HOME FRONT

Winston Churchill became prime minister of Britain in 1940 when Neville Chamberlain resigned. Mr Churchill was a Tory but led a war-time government made up of people from different political parties, all working together to try to win the war. The Labour party leader, Clement Attlee, was deputy prime minister.

Because German submarines kept sinking boats bringing food to Britain from other countries, the government decided to limit or “ration” the amount of food people could buy. Families started to grow their own fruit and vegetables and many parks and playing fields were turned into allotments

were food could be grown.

Clothes were rationed too and fashions changed because of this – skirts became shorter and clothes were made very simple so no material was wasted.

Because so many men were away fighting, women went out to work. By 1943, only mums with very young children and women aged under 18 or over 50 were allowed to stay at home. Everyone else had to help by driving buses or working in factories or on farms.

Britain got ready to fight if Germany tried to invade by sea – the Home Guard was made up of volunteer men who were unable to be in the army. They trained in their spare time to be ready in case the Germans came.

Families found out what was happening in the war by reading newspapers or listening to the radio or “wireless”.

When bombs first began to fall on London in 1940, many children were “evacuated” – sent to the safety of the country or even to other countries – to stay with strangers. All the street lights were turned off to make it more difficult for German ‘planes trying to aim bombs. People had to make sure no light from their homes got out into the street. This was called the Blackout. The Germans sent ‘plane after ‘plane up the Thames to bomb London – this was called the “Blitz”. Thousands of people spent nights in

shelters in their back gardens or on crowded underground stations, listening to the sounds of bombs, fire engines and ambulances. They came out the next day, not knowing if their homes would still be there. The Germans also bombed other cities up and down the country – Liverpool, Coventry and Birmingham, for example.

Towards the end of the war in 1944, Hitler attacked with a new sort of weapon. The V1 and V2 flying bombs had no pilot – they were aircraft carrying loads of explosives and when they ran out of fuel, they simply fell from the sky and exploded. Britains called them “buzz bombs” or “doodlebugs” because of the strange noise the engine made. If people heard the engine stop, they would run and take cover.

IN RUSSIA

Russia – then called the Soviet Union – had made a deal with Germany in 1939. Even though Hitler hated Communists, the 2 countries had agreed not to fight each other. But in 1941, Hitler broke the deal and sent soldiers to invade the Soviet Union. The Soviet Union then teamed up with Britain and became one of the Allies.

The Germans lost in Russia – not only were they fighting against Russian soldiers, they were also fighting the Russian winter. Thousands of German

soldiers were killed by the cold and by starvation.

In 1940, Leon Trotsky, once a leader of communist Russia alongside Stalin, was killed in Mexico. He had been thrown out of Russia by Stalin in 1929. People thought Stalin had arranged for Trotsky to be killed.

IN ITALY

When Benito Mussolini, friend of Hitler and leader of Italy for 21 years, was kicked out of power in 1943, Italy swapped sides and declared war on Germany. Mussolini was killed by Italians at the end of the war in 1945.

ENDING THE WAR

In June 1944, the Allies started to kick the German army out of Europe. They landed on the northern coast of France on D Day – June 6 – and moved on through France. By August, Paris was free and a month later, the Allies were sweeping across Belgium, getting nearer to Germany. At the same time, Russian soldiers began to move towards Germany through Poland. In April 1945, Hitler shot himself and Eva Braun, whom he had just married, poisoned herself.

Germany surrendered and on 8 May 1945, the Allies celebrated Victory in Europe, VE Day.

BEATING JAPAN

To try to bring the war with Japan to an end, the USA dropped the first ever



atomic bomb on the city of Hiroshima in August 1945. A second bomb was dropped 3 days later on Nagasaki. Clouds of smoke and dust covered the towns and rose 5 miles high in the sky. Tens of thousands of people were killed and buildings were completely destroyed.

The deadly weapon had been made by US and British scientists in secret. People who survived became terribly ill because of the radiation from the bomb. Many were still sick years later.

President Franklin Roosevelt, who had been US president throughout the war, had died suddenly in April 1945, just before the Allies reached Berlin. The new president, Harry Truman, had threatened more atomic bombs if Japan did not surrender.

On August 14, Japan surrendered.

AT THE END OF THE WAR

Germany was split into 4 zones – one controlled by each of the Allies, the British, the French, the USA and the Soviet Union.

The French, German and British zones joined together to become the new Federal Republic of Germany in 1949. But the Soviet Union kept control of the eastern part of Germany which became a communist country.

Nazi leaders were captured in Germany and many were killed.

51 countries teamed up to make the United Nations to try to stop anything like the Second World War ever happening again.

THE NEW ISRAEL

After the war, thousands of Jewish people fled to Palestine to make a new life. Israel was set up there in 1948 – the new country was led by prime minister David Ben-Gurion. Arab people who lived there were unhappy about splitting the country.

IN BRITAIN

In July 1945, people in Britain voted for a new government. They kicked out Tory Winston Churchill who had led them through the war and gave power to Clement Attlee and the Labour party.

The new government had plans to make Britain a better place. But there was still a shortage of food – not just in Britain, but across the world. Food and clothes were rationed in Britain until almost the end of the decade.

The USA, which had not suffered damage in the war, was now the richest and most powerful nation in the world. It sent money to help countries in Europe rebuild themselves.

There were thousands of new “prefabricated” homes built in Britain: these were single storey, made from steel and built very quickly.

The new Labour government decided

to make certain industries belong to “the nation”, not to individual owners. This was called “nationalisation” – they nationalised the railways, the ports and the mines, electricity and gas.

In July 1948, the government started the National Health Service which meant everyone could have free treatment from doctors and hospitals. There was also a new National Insurance scheme to make sure people had money when they were old, ill or could not find work. Everyone at work paid a certain amount of money to the scheme so they could get “benefits” when they needed them.

ROYAL WEDDING

In 1947, Princess Elizabeth married the Greek Lieutenant Philip Mountbatten who then became Prince Philip, Duke of Edinburgh. Their first son, Charles, was born in November 1948.

OLYMPIC GAMES

In 1948, the first Olympic Games since 1936 were held in London. Germany, the Soviet Union and Japan did not take part.

IN INDIA

In 1947, the British moved out of India after ruling the country for 163 years. A new country, Pakistan, was set up for Moslems who had been fighting with Hindus about who should control the country.

In January 1948, Mahatma Gandhi who had argued for so long for Indian people to rule themselves, was shot dead.

IN CHINA

After the war, people in China started fighting again about how best to run the country. The communists won and in 1949, Mao Tse-Tung became the first chairman of the People’s Republic of China.

A NEW ENEMY

After the war, the countries that had been Allies against Germany began to fear a new enemy – communism.

Communists already ruled the Soviet Union and wanted to build an atomic bomb so they could be as powerful as the USA. After the war, the Soviet Union also controlled the eastern half of Germany, Bulgaria and Romania.

Communists also won power in other countries – not only in China, but in Hungary, Czechoslovakia, Yugoslavia, in Vietnam and in North Korea.

A new organisation was set up in 1949 by a group of countries who feared the Communists might attack them in future – these countries included the USA, Britain and France. The organisation was called NATO (North Atlantic Treaty Organisation) and all the members agreed that if one of them was attacked, they would all stick together.

IN 1944 TONY PARKER WAS 9



He is now 63. We asked him to tell us what his life was like when he was your age, in the fifth decade of this century.

“In January 1940, the war had been on a few months. The announcer on the wireless said that sugar had to be rationed. I liked sweet tea and my mum said to me: ‘you won’t be able to have so much sugar in your tea from now on.’ ‘Alright,’ I said, in a fit of temper, ‘I won’t have any at all.’ That is my first memory of the war.

“When the Germans began to bomb London, most of the children were evacuated to the country for safety. One place I was evacuated to was a farm, and the farmer’s family made fun of me when I tried to help them.

“I had to go round all the chicken houses to collect the eggs the chickens had laid. I also had to look in out-of-the-way places in case the chickens had laid some eggs there too. I was very excited when I found one under a hedge, but the family thought that was very funny – it was a dummy egg they had put there to encourage the chickens to keep laying!

“I also fed the pigs. I had to empty a bucket of swill into a trough in the pig sty while the pigs, which were almost as big as me, nearly knocked me over trying to get at the food.

“The job I liked best

was standing at the door of a big barn shouting ‘oyez oyez’ to the cows across the fields and seeing them come towards me, walking single file into the barn where they were milked by the farmer’s wife.

“On that farm we had no water from the tap. There was a pump by the sink in the kitchen and we had to push a handle up and down to pump up water from the ground. I walked 3 miles to the village school each day, and the same distance home. The school only had 3 classes, infants, juniors and seniors.

“Every day I wrote a letter to my mum saying: ‘I wish I was back home.’ Eventually, she sent my dad down to the farm to bring me back to London where I lived through part of the ‘Blitz’ – that’s the name we gave to the bombing.

“We slept at night in an Anderson shelter. That was like a small shed with a rounded roof, made of corrugated iron, which was in a hole in the ground in the garden and covered with earth. There wasn’t a lot of room in it, and I had to sleep on a child’s billiard table propped across the ends of 2 bunks, trying to dodge the feet of my mum and dad who were in the bunks.

“Sometimes we went in the shelter during the day

when there was an air raid. I always wanted to look up at the British Spitfires and Hurricanes fighting the German ‘planes above us, but my mum used to pull me back when I stuck my head outside, in case any bombs came down.

“Later, we slept on the platform of Clapham South tube station at night. During the evening, just for fun, we children used to jump on the tube trains when they came into the platform and travel to the next station. Then we would come back on another train.

“Late at night, when the last train had gone, it was very eerie on the station with the lights turned down, surrounded by hundreds of people all asleep on the platform.

“In the mornings, the streets were full of shrapnel, bits of metal from bombs from the night before. We used to pick up some of the shrapnel to take home. Sometimes, when people got home from the tube, their houses had been badly damaged, or even destroyed by the bombing and they had to find somewhere else to live.

“I was evacuated to several different places, so I went to lots of different schools during the war. In London, we only went to school for half the day as most of the teachers

had been evacuated with the children, and all we did in school was play. In the country, the evacuees were often separated from the children in the local school and had their own classes with the teachers who came from London.

“Later in the war, I remember seeing and hearing hundreds of our planes flying overhead at night going to bomb Germany, and hearing them come back hours later. I also remember June 1944, when we heard on the wireless that the Allied forces had invaded Europe. We knew then that the war couldn’t last much longer.

“When the war ended, everyone had street parties and bonfires to celebrate the return of peace. We still had food rationing for a while but eventually everything began to get back to normal. It was an interesting, and at times frightening experience during the war. Even today, when I have a cup of tea, I think back and remember why I decided I wouldn’t have sugar in my tea anymore!



SHELF

Is Anybody Out There?

by Heather Couper and Nigel Henbest

If you're interested in the search for life in space, you will like this book. It's jammed full of space-age facts and illustrations of UFOs and aliens.

Published by Dorling Kindersley

The Headless Ghost

by Pete Johnson

If you like scary stories, this book is for you! Did Grant really see a headless ghost in the park, and what was the ghost trying to say? This looks like a book, but reads like a comic.

Published by AC Black

Rama and the Demon King

by Jessica Souhami

This is an ancient Hindu story about the brave and good prince Rama who is sent away to the forest. When the evil 10-headed demon Ravana kidnaps Rama's beautiful wife Sita, Rama rescues her with the help of fearless monkeys. This picture book has bright and colourful illustrations.

Published by Frances Lincoln

Loos through the Ages

by Richard Woods

This history of loos from earliest times will make you laugh and give you lots of information. It is part of the *Rooms through the Ages* series and has chapters called *A Great Stink*, *What a Potty* and *The Call of Nature!*

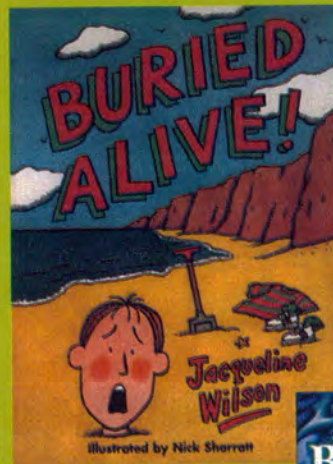
Published by Wayland

Buried Alive!

by Jacqueline Wilson

This is Jacqueline Wilson's adventure-packed sequel to her book *Cliffhanger*. This time, weedy Tim and his hungry friend Biscuits are having a brilliant holiday in Wales when they meet the horrible bully Prickle-Face and his pal Pinch-Face.

Published by Doubleday



Pig-heart Boy

by Malorie Blackman

This is the story of Cameron who is 13 and dying. He needs a heart transplant to save him. What should he do when a doctor offers him the heart of a pig? You will find this book hard to put down – there are surprises right to the last page.

Published by Doubleday



Willy the dreamer

by Anthony Browne

This is Anthony Browne's 5th picture book about Willy the gorilla. Look closely at each full page picture – nothing is quite what it seems.

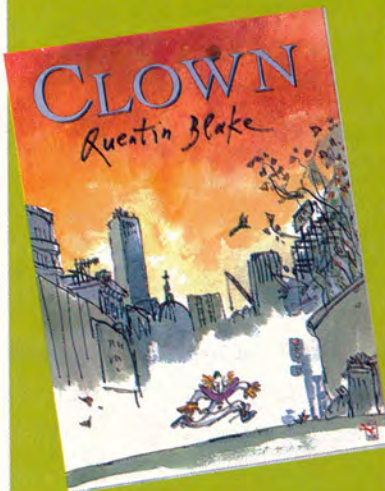
Published by Walker Books

You can find all these books at your local library!

It's free to join and you can borrow hundreds of books. All you have to do to join is to ask your parent or your carer to come with you to sign a form. If you can't find the book you want to read on your local library shelves, ask a librarian for help. If someone else has borrowed the book, ask the librarian to reserve the book for you. They will let you know when it's back at the library. Most libraries also have music and stories on tape. Some libraries have videos for loan too, but you may have to ask your parent or carer to borrow them.

Some libraries also have CD ROMs which your parent or carer can borrow for you. You might even be able to test

the CD ROM at the library! Look out for *Dinosaurs*, published by Microsoft. Forget Jurassic Park and find out why Kentrosaurus was the dumbest dinosaur ever! This information-packed CD ROM is easy to load and use. Or try *Puzzle Castle* published by Usborne. There are 12 puzzles to do and you can help Sophie the brave knight find a mysterious monster hiding in the dungeon.



Clown

by Quentin Blake

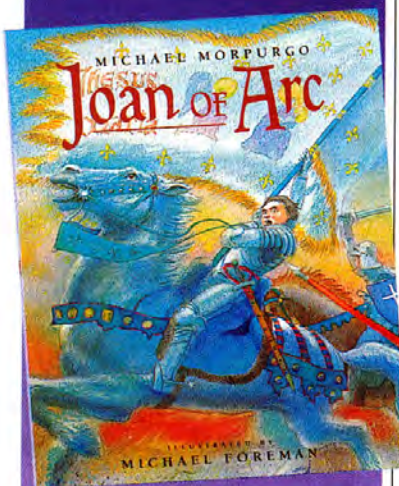
There are no words in this picture book. Instead, Quentin Blake's brilliant illustrations tell the story of an unwanted clown doll dumped in a dustbin with a gang of other toys. Clown escapes but gets into trouble as he sets out to rescue the other toys.

Published by Jonathan Cape

The books and CD ROMs on this page were chosen by librarians who work in children's libraries.

In the 1420s an ordinary French girl dressed up in shining armour

She was Joan of Arc. She armed herself with swords and longbows and led French soldiers into battle against the English who were trying to take over her country. The English later captured Joan and burnt her to death.



Michael Morpurgo's book *Joan of Arc* tells the story of one of the bravest women in history and there are illustrations by Michael Foreman.

**We've got 10
copies of the book
to give away to
No Kidding!
readers.**

Just send your name, age, address and school name to:
No Kidding! Joan of Arc
PO Box 10427
London N8 8UP
by Friday 30 October 1998.
The first 10 names drawn out
of the hat on that day will be
sent a copy of the book.

Joan of Arc, by award-winning duo Michael Morpurgo and Michael Foreman, is published by Pavilion at £14.99 hardback and is available from all good bookshops. Or call 01403 710 851.

Terms and conditions: 1. Closing date Friday 30 October. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winners will be sent their prize by post.

19 No Kidding!

FANCY BEING SENT AWAY AT 7 TO LEARN HOW TO FIGHT?

Kings and rich men paid knights to help them fight for land and power. These rich people built castles to be safe from their enemies. Their knights and other soldiers would go into battle from these castles.

Knights fought battles on horseback sometimes, charging with lances to try to knock their enemies to the ground. At other times, they fought on foot, using swords, axes and other weapons. Some swords were so big and heavy that only really strong soldiers could use them – they needed two hands to swing them. Knights often fought alongside other soldiers and archers who shot arrows from “longbows”, like Robin Hood, or from “crossbows”. These bows needed simple machinery to pull back the string.

Knights would practise for war at competitions called tournaments. These pretend fights were really dangerous. In the the “mêlée”, 2 teams fought with real weapons and many were killed or injured. Then the “joust” became popular – this was a contest between 2 knights on horseback using lances. People started to watch these competitions where knights could win money, horses and fame!

The son of a knight would start training to be a knight himself

**That's what happened
to sons of knights
who lived in the
Middle Ages or
medieval period, the
time that lasted from
about 1000 to 1500.**

when he was about 7 years old and would often be sent away to another castle. He would start off as a “page”, taking messages and carrying things. As he grew older, he would learn how to fight with weapons, wrestle and ride. At about 14, he became a “squire”, taking care of horses, serving food and even helping on the battlefield. When he was ready, he was knighted or “dubbed” by another knight who struck his shoulder with the flat of a sword.

Knights wore armour to protect their bodies. The first sort of armour

was “mail”, made from hundreds of tiny iron rings linked together to make a coat, worn over a padded tunic. Steel plates were added to give more protection and, by about 1400, a knight was covered from head to toe in a complete suit of “plate” armour, made of steel plates joined together. Even though these suits were hot and heavy – about 22kg – they were so well made that a fit knight could get onto his horse or climb a ladder with no trouble. Plate armour was difficult to put on, so a knight was dressed by his squires, who also took care of these suits.

It was sometimes difficult to work out who was who when knights were dressed in their armour so they began to wear different coloured badges on their shields known as “coats of arms”. Each knight had his own coat of arms which his eldest son would use after his death.

Knights often thought they were better than other men. Stories and films tell us how good knights always did the right thing, were polite and loyal to their friends and protected ladies. In real life, some of them were cruel and greedy. They ate the best food and drank good wine inside castles or fine homes while poor people often went hungry.






THIS HALF-TERM,
YOUR KIDS CAN *change*
into A DIFFERENT
UNIFORM.

‡ From 24th October - 1st November,
your kids can *discover* what life

was like for the average ROUNDHEAD by getting under his skin.

‡ As well as *trying* his armour for size, they can *learn* about
military life in the 1600s. Vivid battle enactments with musket fire
in the moat will *spark* their imagination.

‡ They can also see how MEDIEVAL KNIGHTS prepared for battle.
Plus, there are Family Trails with a prize for every child taking part.

‡ Simply buy your tickets at THE TOWER
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THE TOWER *of* LONDON
The Royal Fortress on the Thames



HOT THINGS YOUR SKIN



Every 5 minutes, someone in Britain seriously burns themselves. Many are your age, or younger. Thousands of people are so badly hurt by burns and scalds each year, they have to go into hospital. Some of them have scars on their skin for ever.

Burns are caused by “dry” heat – like the flames of a fire, a dish heated inside an oven, or a sparkler which, even when it stops sparkling, is much hotter than a grill on a cooker. You can also be burnt by electricity and chemicals

– and by friction, when heat is made by things rubbing together. Have you ever been burnt sliding down a rope?

Scalds are caused by “moist” heat – like boiling water used to make a cup of tea or cook vegetables, too hot water in a bath, or steam above saucepans full of boiling liquid.

Everything in our bodies is made of tiny building bricks called cells. Cells in different parts of our body are different shapes and sizes. In our skin, there are 20 types of cells which are arranged in layers. The outside layer of our skin is called the **epidermis**. The cells in the epidermis are always being worn out and replaced by new cells from below. Underneath the epidermis is the **dermis**, a thicker layer which contains many nerves

which help you feel things when you touch them. The dermis also has blood vessels, tubes which carry blood and help keep you from becoming too hot or too cold. Underneath the dermis is a layer of fat which joins the skin to the bits of your body below. Hot things “fry” the cells of our skin and kill them. The dead cells fall off or peel away.

Small burns and scalds damage just the epidermis. If a burn damages just the top layer of the skin, new cells will grow and the skin will mend in a week.

But if heat damages skin cells below the epidermis,

it can be much more serious. Really serious burns can damage the dermis, and even bits of the body underneath the skin.

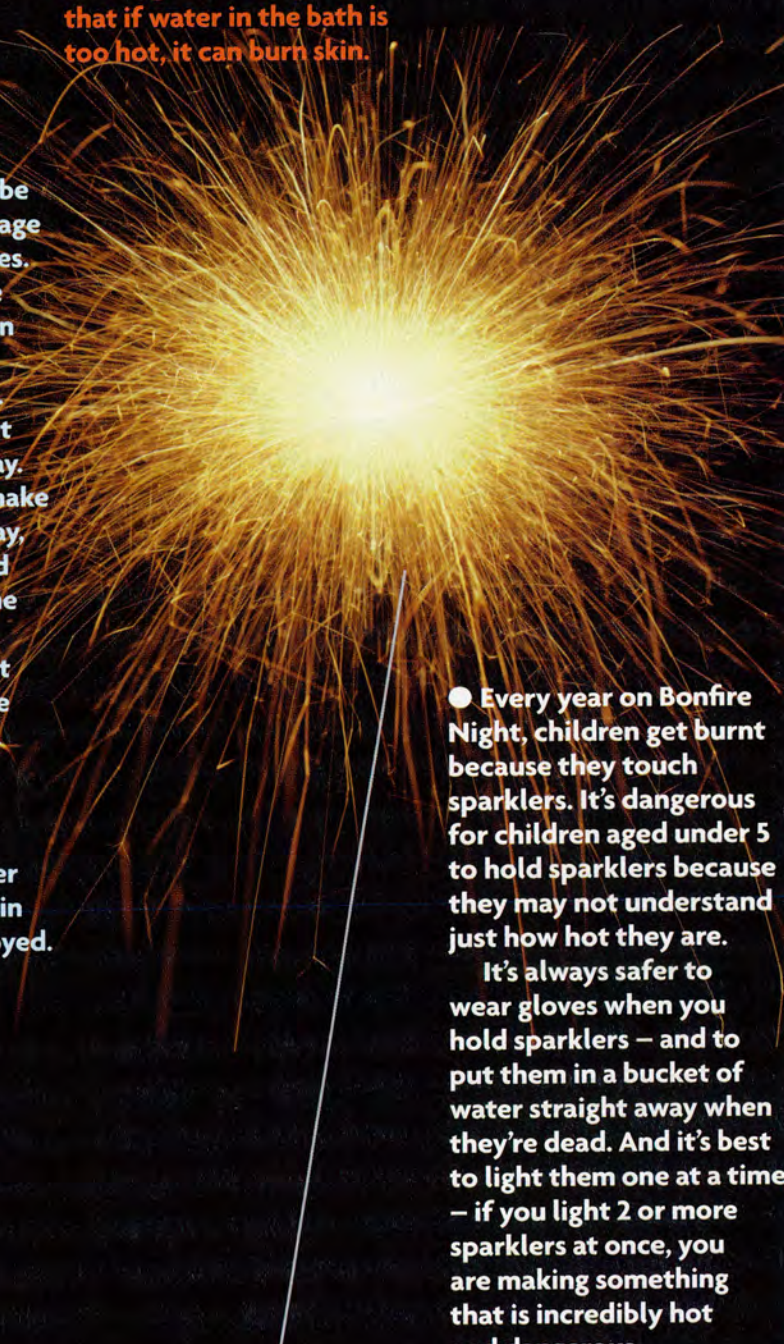
If a burn damages deep layers of skin, liquid may begin to seep out from the blood carried in the vessels in the dermis. The liquid may form a blister, or just carry on leaking out.

People who are burnt or scalded very badly are in danger of becoming very ill. As fluid leaks from the blood, other bits of the body which need to be “fed” oxygen by the blood, begin not to work properly. And our skin cannot repair itself if the damaged area is very large or very deep. Sometimes doctors take skin from another part of the body, another person or even from an animal to mend the damaged area. This is called a **skin graft**.

● **If someone is burnt or scalded, try to cool the damaged skin by putting it under running cold water for at least 10 minutes. Or you can try to cool the skin with a packet of frozen vegetables from the freezer. A small child who is burnt or scalded – or anyone who is seriously burnt or scalded – should see a doctor or go to hospital.**

● Kitchens can be dangerous places, especially for small children. Your little brothers and sisters who have not yet started school are most likely to hurt themselves with hot things. Every day, 10 small children aged under 5 are burnt or scalded by accidents in their own homes. At least 40 per cent of all bad burns and scalds happen in the kitchen. Many of these accidents are caused by not taking enough care when cooking. Don't forget too that if water in the bath is too hot, it can burn skin.

● You may have heard of "2nd degree" and "3rd degree" burns. These "degrees" describe how far down the damage caused by heat stretches. 1st degree burns can be caused by staying out in the sun too much and make the skin turn red. 2nd degree burns might make the skin peel away. 3rd degree burns can make the epidermis peel away, damage the dermis and leave a scar where some of the cells don't heal properly. Doctors don't use degrees to describe the damage nowadays. Burns are called "superficial" – when the skin can regrow – or "deep", where deeper layers of cells in the skin are damaged or destroyed. Doctors also describe burns as "partial" and "full."



● Every year on Bonfire Night, children get burnt because they touch sparklers. It's dangerous for children aged under 5 to hold sparklers because they may not understand just how hot they are. It's always safer to wear gloves when you hold sparklers – and to put them in a bucket of water straight away when they're dead. And it's best to light them one at a time – if you light 2 or more sparklers at once, you are making something that is incredibly hot and dangerous.

WIN A BACK TO SCHOOL SURVIVAL KIT

Sanatogen Start-Up! is a delicious fruit juice drink which comes in **Orange Twist** or **Tropical Splash** flavours. Pop it into your lunch-box or have it as a tasty breakfast or break-time drink to give you half the essential vitamins you need every day to keep you in great shape. Mum will be happy that you've had a healthy boost and you'll love the taste!

Sanatogen Start-Up! is giving away **40** Back to School survival kits – a groovy wallplanner to help you remember friends' birthdays and things to do at school and some great tasting Sanatogen Start-Up! for you to try.

To win a kit simply send the answer to the question below to:

No Kidding! Start-Up!
PO Box 10427
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by Friday 30 October 1998.
Don't forget to add your name, address, age and school name.

Question What 2 flavours does Sanatogen Start-Up! come in?

The first 40 correct answers pulled out of a hat on the 30 October will be the winners.



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Terms and conditions:

1. Closing date Friday 30 October.
2. There are no cash alternatives.
3. Only 1 entry per child.
4. Winners will be sent their prize by post.

A problem SHARED

"I'm in year 5 and all my friends have had a tutor at home all this year. I really want a tutor too but my mum won't let me have one because she says my school should be teaching me everything I need to know. All my friends will have a tutor next year and I feel left out."

"Did it not occur to you that your mother may not be able to afford to pay for a private tutor? She is also correct when she says that school is where you should learn. Be happy that you have that extra spare time that your friends don't."
Nicola, age 9 and Jason, age 11.

"I used to have a private tutor and I thought it was so cool because he could help me with my homework. Soon after, I realised it took over all my spare time and meant extra homework too. Maybe it's not such a brilliant idea after all – believe me, it's like having school at home."
Nicole, age 11.

"If you work hard at school, you should not need a tutor."
Jade, age 10.

"I think your mum is right. You should learn everything you need to know at school. You shouldn't feel left out just because your friends have a tutor. Your mum shouldn't have to waste money."
Thanzila, age 10.

"Maybe your mum can't afford a tutor. My friend has one, and she costs £15 a lesson and she gives her lots and lots of homework that keeps her very busy. Maybe your mum thinks you're clever enough already and you should be proud of yourself."
Lina, age 9.

"I had a tutor since I was in year 3 because my mum said the school wasn't good enough and she wanted me to pass exams to go to secondary school. I took loads of exams and failed them all. Now I feel really stupid. I think your mum is right – if you had a tutor and failed all the exams, you would feel like an idiot. I wish my mum hadn't made me have one."
Matthew, age 11.

"My parents set me up with this home video set. You watch your lesson on tape

and then do your exercises. It comes with the video, the exercise book and work book. It is very cheap and I have achieved a lot from it. Speak to your mum about this."
Leilani, age 11.

"Don't worry about not having a tutor. Why don't you buy some puzzle books or ask your mum to act as tutor? I find parents make lessons much more fun."
Caroline, age 10.

"Loads of kids at my school have got tutors too but my mum is like yours and won't let me have one. It used to bother me, but I do just as well at school if not better than the kids with tutors and I've got time to play and do what I want."
Michael, age 9.

"You should not have a tutor – they are expensive and anyway, everyone learns at their own pace. Don't feel left out."
Becky, age 10.

"My mum makes me have a tutor and I don't want one. I have so much more work to do and I get muddled up between school work and tutor work. You're lucky."
Rebecca, age 7.

Thank you for sending so much advice to the 2 readers whose problems we printed last time. Here are some of the things you said.

"I feel like a slave at home because I have to do so many things around the house. My mum is always asking me to clear up, go shopping or help her do things. I've got a brother and sister and she doesn't ask them to do things. I never have any time to play."

"Perhaps your mum asks you to do things because you are older than your brother and sister. I think you should talk to your mum and ask her why she is always telling you to do everything around the house."
Rashida, age 10.

"I really know how you feel because I feel I do everything. Why don't you ask your mum if you could have Saturdays and Sundays off or if she could pay you 50p a day."
Shola, age 9.

"Maybe your mum is always asking you to do these things because you are the one who is best at doing the housework. I do a lot of work at home as well. When your brother and sister grow up, they won't be able to handle housework!"
Naa, age 9.

A problem SHARED

Send your advice to:
No Kidding!
Freepost London 6868
PO Box 10427
London N8 8BR

If you've got a problem to share, write to us at the same address.

Special thanks to pupils at Northend Primary School, Erith, Kent, and pupils at Brunswick Park School in Southgate, north London.

"If you're the oldest girl, we think your mum just wants you to be responsible when you grow up and set an example to the other kids."
Shereen and Lauren.

"We think you should refuse to do it. Say to your mum: 'How come my brother and sister don't have to do any work and I do? Why can't they do the work for once?'"
Brendan and Brisley, age 10.

"You are not alone. My mum makes me hang up the washing, tidy my room, help her cook and wash up. I have a 12 year old sister who is never asked to do anything."
Karen, age 9.

"I used to feel like a slave at home as well. But when I spoke to my mum about it, she was sorry and said she didn't realise how I felt. I have a sister and now my mum splits the housework equally so everyone feels happy. Maybe you should speak to your mum and tell her how you feel."
Katie, age 10.

"One day you should ask her for an allowance for doing all the jobs."
Hayley, age 10.

"I think you should make a chart and write down what you do every day and what your brother and sister do every day. Then stick it on the wall where people can see it."
Aaron, age 9.

"If your brother and sister are too young to do the jobs, maybe that's why your mum asks you to do them all. But if they are old enough, it's not fair. My advice is talk to your mum very politely and ask for a day off."
Oscar, age 9.

"Maybe you should talk to your mum and ask her why you are the only one she asks to do things for her. Ask her to ask your brother and sister to help sometimes."
Rochelle, age 8 and Ashley, age 11.

"I had the same problem but now it's all over because I got the hang of it and now I just love cleaning."
Ruby, age 8.

Can you help these 2 readers?

"Everyone thinks I'm the brightest person in the class because I get high marks. They call me posh and brainy. I feel like doing badly on purpose."

"One of the dinner ladies in our playground has favourites – she even gives sweets to the children she likes best. She doesn't like me and is always blaming me or telling the teachers that I'm naughty, even when I'm not. They believe her because she's an adult."

AAARGH! IT'S... **MONSTER CREEPY CRAWLIES**

**1 October 1998 -
 10 January 1999**

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Booking + info: 0181 253 1030



**Join us in a world of creepy
 crawlies where you're the
 smallest thing alive!**



The witch leading Hansel through the wood

Picture Sarah Ainslie

Do you like reading **SCARY STORIES?**



If the answer is yes, tell us why and win four tickets to see Hansel & Gretel, one of the scariest stories ever written, at the Unicorn Theatre for Children in London's West End.

Just write down a paragraph or two about being frightened by stories and send your entry to
**No Kidding! Scary
 PO Box 10427
 London N8 8UP**

by Friday 30 October 1998. Don't forget your name, address, age and school name. The best entry will win the four tickets.

Grimms' fairytale Hansel & Gretel is at The Unicorn Theatre 6/7 Grt Newport St London WC2H 7JB from Nov 22 1998 to Jan 16 1999.

Ring
 0171 836 3334/2132
 for tickets.

Terms and conditions: 1. Closing date Friday 30 October. 2. There are no cash alternatives. 3. Only 1 entry per child. 4. Winner will be sent their prize by post. 5. Entries will be judged on creativity.

YOUR DRINK CARTON WAS ONCE A TREE...



Next time you're in a supermarket, look at the shelves and count how many different sorts of liquids are sold in cartons. Every day, 70 million litres of milk, juice, water, soups, yoghurts, sauces and other liquids are put into cartons ready to be sold in countries in Europe. All these cartons are made of paper – and most of the paper comes from trees grown in Sweden and Finland.

The forests where these trees grow are large enough to cover almost the whole of Germany and the UK put together! They are full of evergreen trees like spruce and pine – their leaves are narrow and sharp like needles and they don't fall off in the winter.

People who own the forests only cut a small number of trees down at a time so they do not spoil the homes of the birds and animals that live there. Every time a tree is cut down in these forests, there are 3 new trees planted.

The wood from the cut tree is turned into thick paper called paperboard and covered with a very thin layer of plastic. This layer stops the paper going soggy when liquid is put inside – it also

keeps out germs and the light, which can destroy vitamins in food. The plastic protects the food and stops it going off and being wasted.

Some cartons also contain a really thin layer of aluminium foil. This keeps food that might otherwise need to be kept in the fridge in perfect condition for a long time – it becomes "long life." Food put in these cartons can travel long distances safely – and stay fresh in countries where people don't have fridges.

The cartons are folded flat to be taken to dairies and factories where they are filled with liquids. This means they take up less room and need fewer lorries to carry them. Just one lorry is needed to carry half a million unfilled 1 litre cartons!

They are very light too – a carton weighing only 28 grams will hold one litre of liquid. Even when they are full of liquid, their shape and weight means they can be stacked together tightly – fewer lorries are needed on the roads to deliver them to shops.

When the food inside has been used, cartons can be recycled and turned into other things! In some countries in Europe, they are collected, cleaned and recycled to make egg boxes, paper plates and toilet paper. What's more, drink cartons can help to light the home – in other countries in Europe, large numbers of cartons are recovered and burnt to make electricity. When one carton is burnt, it makes enough energy to power a 40 watt light bulb for an hour and a half!



The Alliance for Beverage Cartons and the Environment (ACE) is a group of 12 companies that make paperboard and cartons and want to protect the environment.

If they do reach the rubbish tip, empty cartons take up very little space. It would take an average family 2 years to fill a dustbin with flattened 1 litre cartons!



WIN A PAIR OF INLINE SKATES

ACE wants to know what kids like you think about protecting the environment. Tell us your views by filling in the questionnaire – and you could win a pair of Bauer inline skates – perfect for all serious skaters!



1. Which one of the following 4 things do you think helps most to protect the environment? Please tick one.

- a) Planting more trees
- b) Stopping people using their cars in city centres
- c) Cutting down the amount of fuel and electricity used
- d) Setting up recycling schemes

2. In Europe, we still put most of our rubbish into holes in the ground called "landfills". Please tick which of the following statements you most agree with.

- a) We should carry on putting rubbish into holes in the ground
- b) People should be encouraged to re-use and recycle rubbish
- c) We should burn the rubbish instead

3. If we sort our rubbish into paper, plastic, tins and glass, it is easier to recycle. You would need 4 bins to do this properly. Please tick which of the following statements you most agree with.

- a) My family already do this
- b) My family would want to do this
- c) My family would think about doing this
- d) My family would not do this

4. A long time ago, most people grew their own fresh food and there was no need for shops and packaged food. Today food is packaged to keep it fresh and sent all over the world. Please tick which of these 2 statements you most agree with.

- a) Packaging saves waste because it stops food from being spoilt
- b) There is too much unnecessary packaging on our food

5. What rules would you have for companies that grow trees to make paper and paperboard? Please tick one or more of the following.

- a) None
- b) They must plant more trees than they cut down
- c) They must protect the wildlife that lives in the forests
- d) They must be checked by environmental organisations

Name

Address

.....

.....

.....

Age

School

.....

.....

Just answer the questions and send to No Kidding! by Friday 30 October 1998. The name on the first completed questionnaire drawn out of the hat on that day will win a pair of Bauer inline skates, worth £150.

Send this form back to
No Kidding! Green
Freepost Lon6868
PO Box 10427
London N8 8BR



IF YOU THROW A PLASTIC BOTTLE IN THE BIN THIS WEEK, IT COULD STILL BE AROUND IN THE YEAR 2400

When your family throws a plastic bottle in the bin, it is likely to end up in a hole in the ground with other rubbish. These holes are called **landfill** sites. Some rubbish dumped at landfills rots away – but plastic doesn't. Even plastics marked "biodegradable" may not break down: some scientists think such biodegradable plastic only crumbles, leaving tiny bits lying around for a long time.

Rubbish on landfill sites can make gas as it rots – mainly **methane gas** and **carbon dioxide**. Methane and carbon dioxide are "greenhouse" gases that sit on top of the earth's atmosphere and stop heat getting out into space. More carbon dioxide means more "global warming" and climate change. The rotting rubbish can also make **leachate**, a liquid which can leak into underground water and pollute it.

Plastic is made from oil, a **fossil fuel** that has been made in the earth over millions of years. There is only a certain amount of oil left and once it is all used up, oil will be gone for ever.

Oil is broken down into different parts which are mixed with other materials and chemicals to make different types of plastic – some hard, some soft, some bendy. Even though it can be easy to recycle glass, paper and cans, not all types of plastic are easy to recycle because of the different things added to them.

Scientists are now trying to make new types of plastic which are kinder to the environment. In the meantime though, plastic bottles can be easily recycled – each one should be marked with the type of plastic it is made from so they are easy to sort once they are put into a recycling bin.





Each year, The Body Shop buys many millions of plastic bottles. Most are made from HDPE – High Density Polyethylene or PET – Polyethylene Terephthalate. Caps are usually made from PP (Polypropylene). These types of plastic can be recycled.

You should find a recycling bin in every store of The Body Shop – the company is trying to cut down on the amount of plastic it uses to package its products so customers are asked to bring back bottles to be either refilled or recycled. When you take a bottle back to The Body Shop, it is ground down into granules and used to make other things like bags, coat hangers, brushes, combs – even traffic cones that you see along the road!

WHY DOES THE BODY SHOP CARE ABOUT RECYCLING PLASTIC?

We asked Anita Roddick who started The Body Shop:



“When I opened the first Body Shop in Brighton back in 1976, I wanted it to be a bit like a greengrocers – I wanted customers to be able to buy as much or as little of something as they wanted, like you could with fruit and vegetables. I also wanted to sell products that did not cost the earth because they were surrounded by fancy packaging.

My first shop was small and sold products in different sized cheap plastic containers. I used to encourage my customers to bring back bottles or bring in clean lemonade bottles for me to refill with their favourite product.

“Today, customers can take their bottles back to their local Body Shop to be refilled and reused. This saves them money – it costs 10 per cent less to buy the same product in a refilled bottle than it does in a new bottle. It also gives them the chance to help cut down on the amount of plastic they throw away each week.

“To be refilled, the bottles must be clean and dry and still have the label on. They can only be refilled with the same product for safety’s sake.

“If you don’t want your bottle refilled, you can still bring it back to The Body Shop for recycling. In 1990, we became the first group of shops in the UK to recycle our own plastic waste. Every one of our shops has a dump bin where you can put your plastic bottles. All these bottles are sent back to

our head office where they are sent for recycling. Much of the plastic from our bottles can be turned into other plastic things – you may have seen: ‘Next time I’m recycled, I’d like to be a hair brush’ printed on our plastic nail brushes. These nail brushes are made out of our recycled plastic bottles.

“The Body Shop isn’t just about selling bars of soap and bottles of shampoo. We are a company that cares about the environment: we make sure we don’t waste energy when we make our products or create unnecessary waste.

“Recycling plastic saves natural resources, saves energy and helps stop pollution.

“I hope you will agree it makes sense to refill and recycle.”



TESTER TRIP

OUR TESTER TEAM WENT TO THE RUBBISH DUMP IN EAST LONDON

If all the rubbish thrown out by homes in London were put inside Canary Wharf, the huge building would be full up in 35 days!

At The Rubbish Dump in Clapton, east London, we found out what happens to all that rubbish – and why it's good to recycle as much of it as we can.

By pedalling on bikes, for example, we found out how much more energy it takes to make a new aluminium can compared to how much energy it takes to recycle one.

There are all sorts of buttons to push and knobs to turn to help you find out where glass, metal and paper come from, what materials are kind to the environment and why we need to think about the amount of energy we use. In an environmentally-friendly kitchen, we found out how electricity can be made from the sun's rays, looked at a radio which works by being wound up and learnt about what can and can't be recycled.

Recycling your waste not only saves energy and materials and cuts down on pollution, it can also be fun! We had a go at recycling ourselves, making new paper out of old, and everyone made a really strong stick out of newspaper on a special machine called Stixx. These paper sticks can be used to make all sorts of things – even furniture! You can see examples of things made from these paper sticks

and other waste – like jewellery, toys, books and even shelves and clothes.

And The Rubbish Dump isn't just a place to visit – you can also take aluminium drink cans, paper, glass and textiles there to be recycled.



FactFile

The Rubbish Dump Hackney Community Recycling
24 Rosendale Street
London E5 8TA
is open during term times for school trips and during school holiday times for activities and group visits. Call 0181 880 0292 to find out more or book a visit.

Cost

Schools pay £15 for a half day visit and £25 for a full day visit, per class. Payment or part payment for visits can be made in sacks of aluminium drink cans (one large sack = £1).

Travel

British Rail, from Liverpool Street, Chingford/Ponders End line, to Clapton Station.



"It was fun making paper, mixing it up and then seeing it come out a different colour." (age 7)

Here are some of the things our tester team said:

"I had heard about wind-up radios but I had never seen one before. It was really clever. I also learnt that different light bulbs use different amounts of energy. It would be a good place to go for a school trip while you're learning about energy and how to save the world." (age 11)

"I liked looking at the recycled toys and finding out about all the different new things that can be made from old things." (age 9)

"I enjoyed it very much. I liked making the paper and the paper sticks best of all. It made me want to find out more about recycling." (age 8)

"There was a see-saw made from paper mâché which was brilliant. It was the first time I had made paper and I thought it was really clever that furniture can be made from paper." (age 10)

"All the exhibits they had were really good and interesting and making paper was fun! I didn't know how to do that before. I also didn't know that aluminium came from rain forests, even though I know quite a lot about recycling already." (age 10)

"There was jacket made out of old cans which I really liked. I also couldn't believe you can make paper so hard and strong by squashing it in the special Stixx machine." (age 7)

Peter Pan

or The Boy Who Would Not Grow Up

by JM Barrie

in a new version by John Caird and Trevor Nunn



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Illustration by Michael Foreman

Kellogg's
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SLAM DUNK

WITH KELLOGG'S FROSTIES AND THE NBA

NBA.COM

He takes the pass, he dribbles down court, flies past one... fakes out another... then SLAM, "he's dunked it!"

Grant Hill, pictured below, is a major NBA star, regularly leading his team, the **Detroit Pistons**, in scoring, rebounding and assists.

Winning performance like that means you've got to be at the top of your game everytime the ball comes into play. The **Kellogg's Frosties** combination of carbohydrate, vitamins and minerals can give you the great tasting boost that you need.

To start improving your basketball skills look out for the **Kellogg's Frosties** sponsored **NBA 2ball** kit in your school - an exciting basketball game played by a 2-player team.

Using passing, shooting, dribbling and rebounding, each team has one minute to score as many baskets as possible from any of the six shooting spots on the game court. Each shooting spot is worth a different value based on the difficulty of the basket.

WIN an exclusive **Kellogg's** and **NBA** goody bag, which includes a **Micro Mini™** basketball set and a sports bag, worth £25 each. To enter: send your name and address on a postcard to **No Kidding!** The first two to be picked will be the lucky winners.



Closing date Friday 16 October. Only 1 entry per child. There are no cash alternatives. Winners will be sent their prize by post. For a list of winners, send an SAE to PO Box 10427, London N8 8UP.



NOW THEY'RE SUPERCHARGED

10 TO COLLECT

ACTUAL SIZE: 48MM DIAMETER



2ball

And there's more! Everyone can be a medal winner with **Kellogg's Frosties**! Inside specially marked boxes of **Kellogg's Frosties** you'll find one of ten exclusive medals to collect and swap with your friends. Each medal features the logo of a top **NBA** team such as the **Chicago Bulls**, **LA Lakers** and **New York Knicks**.

The team logos are in 3D colour... so 'dunk' into the packet now...save 'em...and be the first to collect the whole set. Look for specially marked packs of **Kellogg's Frosties** which are in stores now!

FREE INSIDE **NBA** **3D ACTION MEDAL!**

