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Facts About the Feeding of Young Children

By BELLE LOWE, Instructor in Nutrition and Dietetics

Food is more to a child than a padding to fill the ever expanding cavity which is his small stomach. Food is more to him than a pleasing collection of flavors to tickle his palate and satisfy his appetite.

Food is the child's future muscle, brain and brawn. Food is the foundation stone of his only general health. And as such, must be one of the chief considerations of the mother who has young children. A little time spent today in studying the proper food for the three- or five-year-old "Jimmy" may considerably lessen his dentist bill twenty years from now.

In recent articles we have discussed the feeding of infants up to nine months of age, or until the time when they are usually weaned. After weaning both artificially fed and breast fed infants may eat practically the same foods.

The main thing for mothers to remember in the feeding of young children is that all children differ both in development and in the kinds and amounts of foods which they can eat. Jimmy at nine months of age may be as well advanced as Mary at twelve months of age. Jimmy may eat a table spoon of mashed egg really when twelve months while Mary should not have them until she is at least eighteen months.

Obviously, since children are not all alike in their general requirements and methods of feeding may be given in an article of this kind. The wise mother will change these to suit the needs of the particular child.

A child needs food for the growth and repair of muscles and tissues. He needs materials to supply bones, teeth, body fluids and nerve tissue and to maintain body activity. He also needs vitamins without which his small body will stop growing.

The foods which fulfill these needs are milk, cereals, dry bread or toast, fruits and vegetables. Milk should form the basis of the diet. Every child should have from one pint to one quart daily. Children from nine to twelve months of age may take their milk slightly diluted with water. After that time dilution is not necessary. Milk may be taken in different ways, as in cream soups, on a cereal, cooked in a cereal, in junket, in custard or to drink.

Cereals should be thoroughly cooked, before they are fed to children, so that the cellulose will be softened. Serve vegetables in cream soups such as cream of tomato, potato, spinach, pea and celery soup, or mash and season them with a little butter and salt.

A large group of Chicago children who were unaccustomed to eating vegetables acquired a liking for them when they were served with unthickened milk and butter. A very small child may be fed the milk drained from vegetables, prepared in this way.

With fruits, orange juice is still a stand-by. However, apples in the form of mashed apple sauce, prune juice or pulp, raspberry or grape juice, cooked, dried or fresh apricots and peach pulp may be given. In feeding very young children the important thing is to give juice or pulp and not the whole fruit.
I was visiting in a home not long ago where there was a tiny three year old girl. At luncheon this little tot gravely asked to be served with the creamed onions before she was served with other food. Being rather surprised, I asked her if she was particularly fond of creamed onions. “No,” she replied wrinkles up her small nose, “I don’t like them at all, but if I eat them now, I can eat the good things after.” She had been trained to eat the foods that were good for her. Her choice was, not to make a scene when she was served with foods which she disliked, but to eat them first and then enjoy the dishes she really liked.

The more we learn about nutrition, the more we find that a varied diet is the best diet for a normal person. If children choose their own diet, if mother gives them always the foods that they like best, they are going to have a restricted diet, a child who refuses to eat certain foods is not only cheating his own physical well being but is laying up embarrassment for his mother and himself later on. You all know the finicky child. You have all witnessed his mother’s embarrassment when she takes him visiting, and he refuses to eat the food which the hostess set running order.

This spoiled child, if continually pampered will meet with difficulty when he goes away to school. When he leaves the parental roof to go to a home of his own he will take his pampered tastes along with him and automatically start his children in his own footsteps. Many boys in the army, who had been “pampered children” in their own homes, learned to eat certain wholesome foods which they had never eaten at home, and they were better off for having done so.

To save oneself and ones children from future embarrassment and to give boys and girls a foundation stone for physical, mental and moral health, give them a varied diet of the right kind of foods.

An Inventory of Skill for the Honest Homewife

By ELIZABETH STORM

F AN HONEST confession is good for the soul, then the same sort of a confession is equally good for the pocket book. In these days of nip and tuck to make both ends meet, a little examination into one's methods of household management and daily expenditures of time and money will not come amiss.

To make this inventory of skill, one must be ruthlessly conscientious and pitilessly critical of one's own self—frank to the last interrogation point. A premium on neatness is coming in; an examination into one's methods of household management and daily expenditures of time and money will not come amiss.

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Settle yourself in an easy chair with the following questionnaire and a blunt, black pencil. Make yourself physically comfortable or you will excuse yourself on the grounds that you are too tired to care.

DO YOU:

Save the paraffin from your jelly jar for a year?
Keep all flours and cereals in mouse proof containers?
Weigh your meat on accurate scales when it comes from the butchers?
Serve no larger portions than can be eaten, especially to the children?
Know the art of making hash so the family asks for more?
Use all you buy before it spoils?
Know that souring does not spoil the taste?
Serve no larger portions than can be eaten, especially to the children?

More money can dribble out of the family purse into clothing, with less to show for it than anywhere else in the house hold. Of course one must be well dressed, but if one can be extravagantly dressed but in these days it does mean the everlasting watch of the little leaks.

DO YOU:

Do your mending fifty-two weeks in a year?
Look at the material in a garment before the style?
Wash your silk stockings after each time you wear them?
Know how to darn serge with a thread of the fabric?
Place your shoes on trees after each time you wear them?
Sun and air your woolen clothing frequently?
Fasten the ends of your thread to the spools when thru sewing?
Know how to do small pieces of dry cleaning yourself?
Know how to dye faded out dresses?
Have a dollar dress form made to fit yourself?

Know how to use a foundation pattern and to alter it?

DO YOU:

Wear cotton stockings at home?
Have army proof bags for coats, suits and furs in the summer time?
Buy white goods, toweling and sheeting by the bolt?

Buy your household supplies in quantities and then buy only what you really need?

Have a dollar dress form made to fit yourself?

Make your own hand lotions?
Have runner tips on your kitchen floors yourself?

Into attractive rugs?

Easily washed muslin strips?

Whitework and how to alter it?

Now that you have given the house and home life adds to family cooperation and makes cheerful dispositions and therefore it is a good thing for the family pocket book.

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