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But My Child Won't Drink Milk

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What a pitiful wail! But it is echoed by mothers all over the width and breadth of Iowa, mothers who know that Mary or Johnie would love to be drinking at least a pint of milk every day, but are unable to bring it about without tears and ill temper on the part of the youngster as well as the parents.

Some very conscientious mothers are spending long hours preparing puddings, custards, soups and other milk dishes that their children may get some of nature’s best food. This is tedious and sooner or later the children grow tired of the dishes and then there is the old fuss over drinking milk which will probably end in the children issuing the ultimatum that they are thru with milk. Any way, Jimmy and Nan, their best friends, do not drink milk and they just think they won’t either!

If Johnny or Mary are very small and have not been taking milk from a cup long, the cause may be their infant feeding. Children raised on modified cow’s milk or any of the proprietary foods have become accustomed to milk which the sweeter flavoring they give. When the change is made, this fact may be disregarded by mother but not by the child. He sips a bit and then pushes up his lips and pushes the cup away. If that milk in the cup had been sweetened just a little at first the baby would have liked it. As time goes on the sweetening may be reduced until at the end of a month or so he receives fresh whole milk and is none the wiser.

Sweetenings used in prepared infant foods are usually lactose or milk sugar, sucrose and sometimes saccharine and malted milk powder. Any of these in the right amount may be used to draw the child into drinking milk and then be gradually decreased until he is taking the plain, unadulterated milk.

But if Mary wasn’t a bottle baby and has not grown tired of milk? Perhaps she is five or six years of age and has been eating everything on the table with the family. Some nights she cries out in her dreams and then chicken soup is made. She is not agreeing with her. Don’t be too sure! It may be the meat or the pickles or the cake which keeps Mary awake. Perhaps she vomited huge curds of milk, but it was not the fault of the milk. All milk forms into curds as soon as it reaches the stomach. If Mary swallows her milk in large gulps the curds will be large and when something else makes her sick of course milk comes up with the rest.

Dirty or tainted milk very often turns a child against it and may even produce sickness. Be sure that milk is free from dirt and filth, not strained clean, but produced clean. It may mean prevention from tuberculosis, as tuberculosis and it surely will mean that the milk is more palatable to all who consume it.

Take for granted that Mary is just tired of milk. How shall we coax her to drink it once more?

What has been an inducement to some other children may not appeal to her. Drinking milk thru a straw or a macaroni stick is pleasant, indeed, as is drinking from a colored glass or a cup with two handles. Sometimes if the milk is flavored a little for a change it is more delicious. Cinnamon, nutmeg, celery salt, brown sugar or molasses make a decided difference in just a plain glass of milk. One little red cinnamon candy dropped into a glass of milk will sweeten it, color it a trifle and give it a delightful flavor. Some youngsters will like to break their buttered toast up in a dish, themselves and then pour hot milk over it. Presto, milk toast! And they made it themselves.

Stories about the value of milk told in fairy story style will bring to bear a great interest in milk. One little girl had listened intently to her mother reading, “Your Friend, Mister Milk,” and for the first time in her life, asked for milk for supper. She drank milk for every meal for some time and then grew a little tired of it until one day she found the story and asked her mother to read it again. This she did and the child announced at the close, “I guess I’d better have a glass of milk for supper.” The reason was that she had no trouble whatever since.

After being told that milk contained large quantities of valuable proteins, strong arms, legs and teeth, a certain brother and sister were seen to lift their glasses and remark that she has had no trouble whatever since.

An appeal may be made to the vanity of some children. One little girl was in a group of children raised over her hand when asked who did not drink milk. The questioner then asked permission to tell them something which would be unpleasant for a few but they were game and wanted to hear. She told them that all of the non-milk-users had skinny arms. The lesson went home with at least one child whose mother reported that Olive had been drinking milk with surprising ease and regularity since that day in school—and her arms were actually growing rounder and more plump.

What Dad and Mother drink often makes a deep impression so many a youngster has taken kindly to milk when either Dad or Mother joined them with their glassful every meal. Teacher bringing milk in her lunch box has influenced boys and girls all over the state to do the same thing. At school, when the weather is very bad, they set their bottles in pans of warm water on top of the heater and at noon enjoy the warm milk which they very often vary by adding some of the flavorings mentioned previously.

The relative amounts of food materials in milk and other foods often impresses the youngsters. In a school recently, every child, save one, had pledged himself to drink a quart of milk every day, that he might have excellent teeth as well as health in other ways. They knew that lime was the element they were after, so the odd boy asked if there were not some other foods which he could take to secure the lime. He was told that there were and if he would rather he could, in place of this quart of milk every day, eat 9 loaves of white bread, 28 pounds of lean beef or 23 pounds of potatoes. The thought of such a bounty of meal was too much and he burst forth, “Gosh, I guess I’ll drink milk.” Later reports from the teacher showed that he did, for some weeks, in large quantities of lime which made strong milk come up with the rest.

Fairy stories have a wonderful grip on a child and his everyday habits. Child welfare workers have realized this bit of psychology and have produced interesting and convincing stories for every phase of health work. Some of those dealing with milk were written “Mister Milk,” and “The Magic Pitcher,” which may be secured from the extension service of Iowa State College at Ames, Iowa. “The Milk Fairies” is in both story and pageant form and may be obtained from the National Dairy Council of Chicago, Ill., for ten cents.

“Story Telling for Health” contains a number of stories or songs for younger children, dealing with milk but all are good for health and very interesting. It is published by the Iowa Tuberculosis Association in Des Moines and costs but eight cents. The Child Health Organization of New York City publish many interesting books which they sell at cost prices. Thus you may obtain the “Child Health Alphabet” for ten cents, “Cho-Cho and the Health Fairy for twenty-five cents and “Happy’s Health Calendar for School Boys and Girls” for thirty cents. Any youngster who was so fortunate as to hear and see either Cho-Cho or the Health Fairy when they visited Iowa last year will be delighted with the story which tells of their work together for the health of little children. Happy’s Calendar has a health slogan for every school day in the year and is a laughable collection of real health truths from cover to cover.

There is almost no end to the number of or variety of little plays and pageants which may be used to make health work more interesting and the extension service of Iowa State College at Ames, Iowa, also will (Continued on page 16)
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send you stories and plays which they have in stock.

With stories, plays and songs most any youngster will be more than glad to drink milk or eat any of the other things which must be decreed by Mother and Dad as the very best for boys and girls.

After all is said, the reasons why a child does not care for milk are mostly imaginary. Practically every child can take and digest milk. Those who cannot are under the doctor's care constantly. It is just simply a matter of making it popular and fashionable to drink milk. Any mother in any home can do it with a little patience, a little ingenuity and some aid from stories, pictures and posters.

HOME ECONOMICS GIRLS MILLINERY SHOW

Friday, March 10, the millinery class, under the direction of Miss Ruth Wilson, staged an exhibit of spring hats, hat boxes and bags. This was the second hat show ever staged at Iowa State College. The first similar showing being of fall hats about the first of December. In this spring showing, both original and copy designs in straw, braid, canton, barinette, cire, taffeta, ribbon and combinations of these were exhibited. Bags and boxes were made to match the hats. The boxes were covered with oil cloth, and the new collapsible silk hat bags made of silk and wire, to be used only in traveling.

—By Sarah Manhardt.

MAKING ATTRACTIVE PARFAITS

Attractive parfaits can be made by using sherbets, ices or ice creams, with whipped cream and a bit of decoration. Here is an attractive one. Put about a teaspoon of whipped cream in the bottom of a parfait glass, then fill with orange sherbet and top it off with whipped cream put through a pastry tube. Decorate with a bit of angelica. All colored sherbets, ices and creams are especially attractive and marschino cherries or candied fruits may be used for decoration.

—By Marguerite Armour.

A QUICK WAY TO BOIL DRESSING

Use your own boiled dressing recipe. Mix all the ingredients together except the eggs. Put directly over the flame and boil a few minutes. Pour this over the well beaten eggs and heat the mixture until thoroughly blended. This method is much quicker and results in a creamier dressing. There is not the danger of the eggs coagulating by heat.

—By Genevieve Jones.

Easter is an expression of the very essence of spring. To some, spring typifies life, green growing life; to others, it means re-creation, a chance to start again; to still others, happiness—the soft days, the warm sun and air with blue skies and singing birds, the fragrant flowers make men's thoughts joyous—"such tree and dying things." To the housewife spring is a time for scrupulous overhauling and cleaning of every obscure or questionable corner. And Easter is all of these things, the essence of spring, happiness, re-creation and a cleaning out of the undesirable, both in yourself and around you.