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Your Child Between the Bottle and School Age

By BELLE LOWE, Associate Professor of Home Economics

“BUT Johnny does not like vegetables!” Have you not heard this, or a similar statement, about some kinds of foods made many times by mothers, and not only of little Johnny but of grownup Johnny, as well?

Have you ever stopped to consider the meaning of that declaration? It is a confession of failure or of lack of training in food habits, tho it is seldom thought of in this way by those who make it. Likewise, it is also a confession of failure in self training when one makes this statement about himself or herself.

After all, what foods do we eat, and what are our reasons for eating them? Think about it and you'll decide we eat the foods we like when we can get them, and the foods we like are the ones we were taught to eat when we were children.

Food habits are the result of food training. This is illustrated in the case of a Chinese acquaintance of mine who, like all Chinese, are very fond of pidan eggs. These are duck eggs put down in a cold lee and salt mixture and left until the yolk and white congeulate. When they are ready to eat, they give off an odor fairly staggering to an American. When my Chinese friend proudly displayed one for my inspection, I turned up my nose at such food. She only laughed and retorted, "These may seem terrible to you, but cannot beat your American chicken." Each race had been taught to like different foods.

As to the second question, why do we eat food, the answer is simply, to live. If we think further than that, it might be answered, to insure health and a good old age. Do we always think of this, when we neglect our children?

Perhaps you think you don't neglect your child. Perhaps you are right, but if you are, you are more careful than the ordinary mother, of the health and eating habits of your child after he has left the nursing or bottle age.

As soon as a child begins to walk, it is often left to shift for itself, even tho it still requires more care than is usually realized in the preparation of its food and the supervision of its play.

What are the food needs of a child from fifteen months to six years of age? First, it needs food for keeping the body functioning, then for activity, then for growth. Sometimes the child gets only food enough for the first two and grows very slowly, sometimes not at all, for a while. Every child between two and six years of age needs from two to three times as much food for each pound that he weighs as an adult persons needs per pound.

Many mothers do not know this. It is true that the total amount may not equal that which an adult takes, but the statement was made from the standpoint of pound for pound of body weight. This means that for his size, a child eats an enormous quantity of food. If every mother will imagine herself as eating twice as much as she does every day, she will realize why a child is always hungry and why his digestive system is so easily upset.

This will lead her to realize more fully than ever that heavy rich foods should not be given a child. This classification would include very fat foods and excessively sweet ones.

Equal in importance to the kinds of foods, is the preparation of them. For the younger child who does not have all his teeth for chewing, the fineness of division of the food before it is eaten may mean the difference between a sturdy child and a fretful, undernourished one, for the finer the food is divided, the easier it is for the digestive juices to break it down and get it into shape to be absorbed and utilized in the body.

Right here let me say that the utensils that should be used in preparing food for a child, are a strainer, a grater and a food chopper, for with these handy, both the care of preparation, and the chances of forgetting are lessened.

The foods a child needs most are milk, fruits and vegetables, and he can scarcely have too much of any one of them. Yes, someone is saying, "Johnny made himself sick by eating too many plums." Let's get it all down to good common sense. Even adults feel better if they eat at regular intervals. Did Johnny eat them with his meals at a regular time, or continuously for three hours or more? Were Johnny's plums ripe? And lastly, were they finely divided so as to make them easy of digestion, or did Johnny get them into his system in good sized chunks?

Think of the method of eating before blaming the food.

Give the very young child fruit and vegetable juices both cooked and raw. He needs some uncooked foods to insure an adequate supply of one of the vitamins which is essential to health. Raw carrots and beets may be run thru the food chopper, the juice squeezed thru a cloth and diluted with a little water, and given to the child. And did you know that the rich looking yellow and red juices are sweet enough to be appetizing?

Peas, carrots, turnips, prunes, apples, and spinach may be mashed and seasoned for a child, and is it not just as sensible as to mash potatoes for him? Did you ever try running raw apples thru the fine food chopper, mixing with sugar and eating without cooking? It is a delightful reddish food, and a real treat for anyone. Have you tried raw carrot or beet salad? Use a grater or a food chopper in preparing them, season to taste, and you have a delightful salad of an uncooked food, as good for the grown up as for the child. Even finely divided food does not hurt the adult, as many of them do not know what the Lord gave them teeth for.

If you can say that your family eats all sorts of fruits or vegetables, then you and they are fortunate persons, in that you can give them in their diet foods that are very important for their health and for keeping their body in condition. Fruits and vegetables are, aside from the food...
of the "don'ts" in feeding, first is don't feed too much sugar, for while it is pleasing to the taste, it furnishes only energy to the body, and gives nothing for the development of bones, muscle, blood or nerve tissue, as does gasoline give material for running the car, without keeping it in repair.

The second don't is don't use too much fat. This habit is not as prevalent as is the use of sugar, but the material, like sugar, furnishes only energy, and the stomach space is filled too full to allow the entrance of the much more beneficial foods that would occupy the same space.

The third don't is don't use too many foods made of white flour such as white bread, macaroni, cakes and pie, as they give largely starch, and practically no mineral. Whole wheat bread is preferable to white for both infants and adults.

Food is not all that the child requires. He needs baths, an abundance of fresh air, sunlight and rest. The importance of sunlight has been emphasized by the development of rickets in experimental animals. The rats on a poor diet and in cages away from the light develop rickets, while others on the same diet and in the light fail to show the symptoms.

Rest is very essential. It is while the body is resting that the recuperation of tissues takes place. Rest or sleep methods are a matter of habit formation. A child may be trained to be as obstinate about wanting to go to sleep as are some about not wanting to sleep.

The amount of sleep necessary for a child at different ages varies with different authorities. Many children sleep far too little, even now that given by these authorities, who give the lowest number of hours needed.

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Buy Your Hat From Your Grocery Savings

By BLANCHE INGERSOLL, Instructor of Home Economics

Personal shopping is almost imperative if perishables are on the list for only by seeing the grade and condition of the foods, can the housewife tell whether it is cheap or expensive at the quoted price.

A RE your grocery bills satisfactory, or would you like to save more money and still buy more food? The problem of stretching a grocery bill is not always an easy one. In many cases it isn't a question of "what do you buy," but rather "how do you buy it?"

Mrs. Blair and Mrs. Hayes are neighbors. Mrs. Blair spends most of her time—and a lot of carfare—running around to all the groceries in town to find the one selling butter the cheapest, or following up a sale on shredded wheat. She has no time to sew which means that she must buy ready-made clothes for even the little children. "You know with the high price of food, and the difference in stores, and the stupid clerks and all, you just have to do your own shopping."

Mrs. Hayes makes all of her daughter's school clothes and saves pennies where Mrs. Blair saves pennies. Mrs. Hayes goes to the grocery often enough to become acquainted with the stock and the clerks but she buys practically all of her staples by phoning orders to Clark's—thus saving a great deal of time. She realizes the advantage of becoming well acquainted with at least one grocery, for telephone orders are not very satisfactory unless one is acquainted with the store. However, in giving her orders Mrs. Hayes is careful to state definitely what brand, grade, or size of can she wants so that the clerk is not compelled to use his imagination in filling the order. Many a poor clerk is called stupid because of a bungled order when the person who gave the order was really to blame if she did not state definitely what she wanted.

Personal shopping is almost imperative if perishables are on the list. Unless she sees the condition of the fruit or vegetables, the size of the heads or bunches or of the container, it is hard to know whether it is cheap or expensive at the price quoted.

Women dearly love to look for bargains, but many of the so-called bargains in foods are of a somewhat doubtful nature. Cut prices on a staple brand of soap or canned corn or matches are usually advertised as "leaders" to attract trade and are real bargains, but cut prices on cereals or vegetables or bacon may mean that the cereals are old and doubtful, the vegetables wilted or old, and the bacon poor. In such cases a bargain is certainly not a bargain but exactly the opposite.

When you do find a real bargain in groceries, take advantage of it by all means, but—better yet—make your own bargain every time you order. To do that you must train yourself to recognize a bargain when you see it. Suppose vinegar was quoted at $2, $1, and $5.00 a gallon—which would you buy? Would you be foolish enough to pay $2 a gallon for plain, every day vinegar? And yet that is what you do pay when you buy a pint bottle for $1.25. A quart bottle at $3.50 means $1 a gallon, while plain bulk vinegar, delivered in a jug, costs $.50 a gallon.

This increase in price as the size of the container decreases, is noticed in the case of many commodities. In any case the price per can or per package is most indefinite unless one knows the amount contained. The real price can only be determined by estimating the price per pound or per quart. Take for example dried beef. A 2½ ounce can of dried beef at 20 cents costs $1.28 a pound; a 7 ounce can at 40 cents costs 90 cents a pound; while at the meat market you can have it freshly sliced off the piece for 21 cents. Another illustration is the difference in the price of different sizes of cans. A small can of milk contains 6 ounces and sells for 8 cents, while a tall can contains 16 ounces and sells for 15 cents. The cost of two small cans is 16 cents for only 12 ounces of milk. This means that by buying one tall can instead of two small ones, you would gain four ounces of milk—two thirds of a small can—and a penny besides.

Canned milk is a great convenience and in some cases a necessity but in many cases it would be cheaper—and much better—to buy more fresh milk. A small can of milk contains approximately three-fourths of a cup making the cost about ten cents a cup, or 5 cents after the milk
Rival the Orient With Sealing Wax
By OLAP WIND

NOT long ago I called upon one of my friends who is well known for having original as well as lovely clothes. Of course when she asked if I wanted to see her own, I was delighted and could scarcely wait until she brought forth her newest inspiration.

It was a wonderful creation of deep golden brown Canton crepe. The lines of the frock were simple—in fact the whole center of attraction was a buckle of bronze and jade that one could fancy being the favorite of some mysterious Oriental princess. The exquisite jade blended like fused emeralds into the rich bronze. When I could finally break the enchantment and look at the rest of the dress, I noticed the coloring repeated in the buttons. They looked like little Japanese fire opals or colorful dew drops as they twinkle in and out of the graceful folds.

"Where on earth were you able to discover such a lovely buckle?" I ejaculated.

Mae laughed delightfully. "It was beyond my wildest hopes to deceive such a connoisseur of Orientals as you! You know I hate to explain," she explained as she led me into the room where I was to be initiated into the mysteries of sealing wax.

She had a piece of buckram the shape of a buckle, a candle, and a box of sealing wax which had in it every color one could fancy.

"Now I shall show you how I compete with your marvelous Indians," exclaimed Mae as she seated herself before the table.

When she had lighted the candle, she took a piece of black sealing wax and held it carefully in the flame, twisting it rapidly so that it would melt evenly. She then spread the wax over the buckram until it was covered. Deftly she melted a crimson stick of wax and dotted it artistically there and there over the black wax. The surface was all rough. The spots of crimson appeared like little rubies hidden within the mother of pearl.

Mae held it up for my closer inspection and then announced that the surface could be made smooth by melting the wax. She suited the action to the word and held up a shiny black buckle with red over the surface like molten rubies.

"Now when the cross bar has been glued underneath it will be complete. And you can make buttons the same way," she explained, further, "and they are easier because the wood is heavier and the surface is not so large."

"How in the world did you ever think of it?" I asked.

"Oh, I heard about it and when I found that lovely Oriental buckle I spoke of it. I decided that I must have an imitation—so there you see how I vie with the Orient."

"And the cost?" I questioned, for my purse, too, was limited.

"Just a few cents, seldom as high as fifty. And truly now, aren't the results worth the effort?"

YOUR CHILD BETWEEN THE BOTTLE AND SCHOOL AGE
(Continued from page 2)

Dr. Clement Duke in School Hygiene for November, 1921, gives the following number of hours:

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<td>1 year</td>
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These hours are longer than some authorities give, but in checking up on your child, does he have even nearly this much sleep? Malcolm Gross found in an investigation that children from 3 to 6 years of age averaged 11 hours of sleep in winter and 16 1/2 hours in the summer. Are your children in this class?

To see that the child takes his sleep regularly requires just as much patience as to have him eat regularly, but are not the authorities right when they assure you of the present and better health in the future worth more than the effort you expend in getting these?

THE ETERNAL QUESTION
(Continued from page 9)

GREEN TOMATO MINCE MEAT
I wish you would publish a recipe for green tomato mince:

1/2 lb. green tomatoes 2 t. cloves
1 pt. apples 2 t. allspice
2 lbs. currants 6 lbs. brown sugar
4 tbsp. cinnamon 1 qt. vinegar
1 bu. green tomatoes 2 t. cloves
4 tbsp. cinnamon 1 qt. vinegar
Chop the tomatoes and fruit fine. Add other ingredients and boil slowly for forty-five minutes or until tomatoes are well done. Put in jars and seal while hot. Any left over fruit or pickle juices may be added. The apples may be omitted.

CANNED MILK
What is the difference between evaporated and condensed milk? What are the characteristics of a good quality of canned milk?

Evaporated milk is unsweetened condensed milk and the ratio of concentation is usually less. It is evaporated, run over boiling water, then sealed and sold in cans. When diluted, it is very much like fresh milk in food value. Best canned milk is creamy white, smooth, and does not have a cooked taste. It should be kept after opening the same as fresh milk.

GRADES OF CANNED GOODS
What is indicated by the different grades which are applied to canned vegetables in the form of numbers?

No 1 is a fancy grade. Such a can contains vegetables which are prime, of uniform quality, very tender, good flavor and color. The brine, if used, is almost clear. No 2 is the standard grade. It is of good stock, less uniform than No 1; the liquid may be somewhat cloudy and the pieces may be slightly broken.

LOOKING GLASSES SPOILED BY SUNSHINE
I have a large mirror in my bathroom which is gradually taking on a granulated appearance.

It's quite new and I wonder if I can do anything to restore it?

The amalgam of tin foil with mercury, which is spread on glass plates to make looking glasses, is very rapidly crystallized by actinic solar rays. A mirror hung where the sun can shine on it is usually spoilt. It takes on a granulated appearance and it is impossible to restore the continuity of the surface.

CALCIUM NECESSARY FOR GROWTH
What foods furnish building materials for the teeth and bones during the growth of children?

Calcium is the substance required to build up the bones and teeth. It is found chiefly in milk and in milk products. One pint of milk per day furnishes four-fifths of the daily requirement. Lettuce, spinach and other leafy foods can be counted on to furnish the other one-fifth.

IS IT BOUILLON OR CONSUME?
What is the difference between bouillon and consomme?

Bouillon is made from beef stock, delicately seasoned, while consomme is made from chicken or veal stock, highly seasoned with vegetables and cleared.

CLOGGED LAVATORIES
The lavatory in my bath room frequently becomes clogged. How can I clean it without having to call a plumber?

Take a cup of salt soda and pour down the drain allowing the amount of water to follow. Then plug up immediately and allow the salt soda and water to stand in the pipes for at least one-half hour.

VELVETY ICE CREAM
How can you get a velvety, creamy, homemade ice cream similar to the commercial products?

If the freezer is turned slowly at first and then increased later, a creamy ice will be the result, because slow turning at first gives a chance for more incorporation of air which makes a lighter, finer texture. Again, if the mixture is frozen so long that it becomes hard, the air will all be beaten out of it and the result will be a gummy ice cream. The best texture will be obtained if you stop freezing when the cream is just mushy. It will harden upon standing well packed.

PINEAPPLE PREVENTS GELATIN FROM SETTING
Why is it that gelatin with fresh pineapple in it so seldom sets while it only sets in water?

In raw pineapple we have a proteolytic enzyme which acts on the protein of the gelatin and instead of gelation occurring the protein is being broken down into amino acids. When fresh pineapple is cooked this enzyme is inactivated.