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Early Spring Markets

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THE IOWA HOMEMAKER

The Physically Fit Family

By GRACE HEIDBREDER

DOCTOR CAROLINE HEDGER is connected with the Elizabeth McCormick Foundation of Chicago. Previous to her present work she was a practicing physician, but when asked to take this position she accepted because she saw the great possibilities of such work. Her lecture to the women attending the Farm and Home Short Course was upon the "Physically Fit Family.

Much attention has been given the physically fit individual but little to the family unit which is really the underlying essential of a physically fit member of the unit. Kansas is leading the states in this locality, sponsoring the fit family. At the state fair each year a prize is offered to the most fit family, the slogan being "Fitter Families for Future Firesides." A thorough examination, a mental test, a medical examination, and laboratory tests are given the entire family entering the division. A prize is given the most fit family. Other states are passing measures and legislation providing for the future generations. Education is helping the general public to realize the importance of having the child well born and well reared. The increasing number of feeble-minded people and of premature babies is alarming. The exact cause is unknown but individual states and the federal government are taking steps to remedy the existing conditions. The federal government passed the Shepard-Towner Bill and the possibilities of such work. Her lecture to the present work she was a practicing

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Fit families and at least cause, feeble-minded persons are not only means of prevention. The mothers of every family, must be well and fit. Through the ages it has been realized that if the mother is fit, the children will be fit. Many years later it may be necessary to correlate various methods for individual children but if taught to eat proper food as youngsters better health as adults is probable. However, the fact that children are imitative makes it necessary for the parents to be equally careful of their diet. Children are very likely to eat as their parents do.

Doctor Heder gave eight points as a standard for a healthy family:
1. The child should be breast fed.
2. The child should be weaned at nine months, and educated to eat proper food.
3. The child should be well born.
4. The child should be when both parents are in reasonably good health.
5. The child should be weaned at nine months, and educated to eat proper food.
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Early Spring Markets

By MARVEL SECOR

SPRING brings a wealth of fruits and vegetables to our tables from distant states, to fill in until the home foodstuffs are in market. Refrigerated transportation has made it possible for Iowan housewives and their neighbors to serve fresh products that are raised in other parts of the country.

The majority of people today are healthier and therefore more efficient because they put into their daily diet foods that used to be luxuries. Canned goods cannot take the place of fresh fruits and vegetables, which contain C vitamin for health.

Prices of foods vary according to the weather, freight and crop conditions. Apples, plums, cherries, strawberries, Brussel sprouts, peas and string beans are probably too high priced for the average family table at this time of the year, but often high prices are discounted by few doctor bills. Our bodies need fresh green vegetables the year round.

Tomatoes are very rich in vitamins whether they are cooked or raw. They are still quite expensive which is high price but are rich in food value. Celery sells for ten cents to twenty-five cents a stalk and comes from Florida and California. Lettuce and spinach are plentiful and inexpensive. Cabbage costs only a few cents a pound and is valuable for its mineral and vitamin content.

Cauliflower is a little more expensive than cabbage but can be used for variety. Sweet potatoes are shipped from Texas, Alabama and the Carolinas and can be bought for ten cents or less a pound. Egg plant costs only a little more now than it costs later in the season. Carrots are reasonably priced and are sweet and good. They are being used uncooked in salads as well as made into attractive cooked dishes.

Dandelion greens continue to hold their place in the diet for furnishing iron and minerals. It takes but a short while to find enough for a meal, and they cost nothing but the time to get them. They flourish in one's own lawn or garden, and should not be shunned because they are so plentiful.

Artichokes, shallots, endives, and kohlrabi are not as commonly used as some of the other vegetables but are winning a place for themselves in the well-balanced menu.

There are many choices of good things found in the spring markets which will whet the appetite and bring added health, if the housewife will but realize their nutritive value.