

Our Boys and Girls.

WATCHING FOR SANTA CLAUS.

He'll be coming down the chimney
Our Christmas gifts to bring,
And we'll sit up and watch him
And catch the Christmas king!

Will he be big and bearded
Or shy and sweet and mild?
Is he really old St. Nicholas,
Or another little child?

We'll know when we have seen him
For we'll never fall asleep,
But sitting round the hearthstone
Our night watching we'll keep.

See the long and funny shadows
Of the stockings on the wall!
I didn't know that andirons
Could ever grow so tall.

So Nellie leaned on Bobby,
And Tom bent all in a heap,
And Tom was lying on the floor,
And they all were—sound asleep.

So down the chimney came Santa
With his bag on his back
And quietly put his presents
Into each child's little sack.

Then old Santa quickly mounted
The chimney and was soon out of
sight.
But before departing, he shouted:
"Happy Xmas to all, and to all good
night."

A XMAS SUGGESTION.—Christmas is a time when unselfishness is on the throne and the pleasure and happiness of others is predominant. This is rightly so, for the day celebrates the birth of Him who came not to be ministered unto but to minister; and this spirit seemingly controls the action of all, for this is a season of gifts. The young should select presents that will prove valuable as the years go by.

CHRISTMAS JOYS.—Our Catholic boys and girls should share in the greatest of all joys on Christmas Day, that of a spiritual joy. They should go to confession and receive Holy Communion, and thus worthily celebrate this great feast.

"May Baby Bethlehem from the skies to us anew be born,
Another Christmas, to repeat,
The former holiday'd morn."
"Self put for sin" remembering that, we scourge all cant away,
Salvation only thus can come to me on Christmas Day."

THE VACATION.—The Christmas vacation is again with us and danger lurks in many places for some of our young folks. Have you forgotten the summer vacation when over one hundred young persons found a watery grave? You should beware lest you find death "neath the icy cold waters of the noble St. Lawrence, or sports when you are skating, and follow the old maxim: "Look before you leap."

TRULY USEFUL.—Every young person's first purpose should be to become truly useful and really helpful. He should not only be good but good for something. What a grand thing it is to hear a parent say of a child: "Oh! he's a treasure in the home, he's useful on every occasion." Willing hands and willing hearts are wanted the world over. Be useful boys and girls in your youth, and you'll be laying a solid foundation to build a noble monument in after years that the storms of time cannot destroy.

A HOT CHRISTMAS.—To most of us, Christmas means cold weather, means snow and ice and "all things nice" that winter weather brings.

An English writer says: "I have spent Christmas under varied circumstances: on shipboard in the North Atlantic in a gale of wind; in the tropical ocean in a calm; with the rain falling in torrents in the backwoods of Canada, with snow for my bed, while the thermometer registered 69 degrees Fahrenheit below the freezing point; without food of any kind except salt pork, and not enough of even that; and in South America, almost eaten up by mosquitoes." His South American experience he thus describes:—

"After bathing we returned to breakfast, and as the sun mounted higher, and poured down his scorching rays upon us till the mercury stood at 104 degrees Fahrenheit in the shade, we were glad enough to seek shelter from the fierce heat in whatever nook or corner we could find."

"There was no appearance of Christmas around us except the plum-pudding, brought by a provident member of the staff all the way from England in a hot case, to which we endeavored to do justice when the cooler air of evening had set in, and we, like so many wild animals of the forest, emerged from the lairs in which we had been hiding."

"As we sat around that pudding, suffering all the while agonies of torture from the attacks of innumerable mosquitoes, we thought of our friends far off, and wished them all a happy Christmas, spent under more comfortable circumstances than fell to our lot that day."

"As to our enemies, I trust we forgave them, and were in peace, and Christian charity with all mankind, if not with the insect world."

THE BLIND MINSTREL.—A splendid carriage stood before the mansion of the Count of Lindenberg, who was the worthy minister of a renowned prince. A fine looking, elegantly attired young lawyer, smiling

gaily, alighted from the vehicle, and with the elasticity of youth ascended the steps of the mansion, and was ushered into the reception room. The ladies present arose to greet him. "Ah, it is our dear Neuborn, the darling of our little circle! Whence come you? Probably from the court," they all cried with one voice. "Have you been engaged in an interesting law suit?"

"No," answered Neuborn—"but yes! I have. An old man, seventy years of age, has entered a suit against his son, who is endeavoring in a very unjust manner, to deprive his father of six hundred florins (\$240.00)."

"That son is perhaps in embarrassed circumstances?" asked the count.

"On the contrary, he is as rich as Croesus; but an ungrateful, hard-hearted wretch. Alas! there are many such people in the world!"

"Fearful terrible!" they all exclaimed.

"If you had only seen this honest father, the sight would have caused your tears to flow. He has made himself poor for his son, and this is the only thing that he receives!"

"I admire this feeling of sympathy in you, Neuborn," said the minister, "it pleases me to see that the misfortune of this poor father touches your heart."

"Let us cease this unpleasant conversation," interrupted the president's wife. "We have awaited your arrival with impatience."

At these words all present gathered around the table to take part in a game of cards. Neuborn was enthroned in their midst as the hero of the evening. In order to render the game more enlivened, he took a quantity of gold from his purse and laid it on the table before him, and the game commenced. Scarcely had they begun when a rough, disagreeable voice was heard in the yard.

The ladies listened. It was a blind man who sang in a mournful tone a sad ballad, and after each verse he repeated: "For the love of God, give alms to a poor blind man!" His song was so strange and so singularly impressive that the listening ladies could not conceal their astonishment.

"Ah, listen, count! it is astonishing, it is original! that man must be a singular appearance. Let him be called in. He must repeat his song for us; it will, no doubt, make us laugh to death." In order to favor the ladies the count commanded one of his servants to call in the blind minstrel. The good old man came, and as he could not see anything, he was spared any confusion or embarrassment that his surroundings might otherwise have occasioned him. With the aid of his old fiddle he sang his romance and accompanied the song with such singular contortions of his features that the ladies laughed outright. When he had finished the count approached and asked him in a friendly tone: "Good old man, have you been blind long?"

"Not long, my dear, gracious lord! I was rich once—I was happy—"

"What was your station in life?" asked the count.

"The most noble and the most useful," he replied, "I was a farmer."

"What has brought you down?"

"A son, a treacherous son," said the minstrel, "whom I have loved, and who now despises his old father, after having made him a beggar."

"The monster! Has he wealth?" inquired the count.

"I have exhausted all my resources for his benefit; the education which I gave procured for him a money-making business, besides powerful friends, even among the nobility."

"And he ruined you?" asked the count.

"This was not enough for him," answered the poor beggar. "Wearied of seeing me, and ashamed of my misery, which is totally his work but not ashamed of his crime, he three years ago, caused me to be imprisoned in a prison house, where I lost my sight. O God, when I think of it! care, misery, sickness; all this is constantly gnawing at my life; the grave was my last, my only hope, but even this place of rest was denied me; for I recovered. Soon after I had to leave, because I could not work, and the expenses for my board and lodging, although little, were not paid. I became a beggar; but I only go in the night to beg my bread, for fear of being recognized in daylight and again being imprisoned by my cruel son."

The old man was often interrupted during his recital by sobs that almost choked his utterance. The hearts of all present were touched; but Neuborn, who looked, by far, more pale and concerned than the rest, appeared to fight with a mortal anger. The count, noticing his excitement, asked with great anxiety:

"Do you not feel well, Neuborn?"

"Neuborn!" exclaimed the blind man. "Yes it is he!"

"Who?"

"My son, for this is his present name."

"Ha! father," at last cried Neuborn, full of despair—"how could you?"

He never finished his words, but crashed beyond description, hastened from the room where he left every one in the greatest astonishment and indignation. The poor blind man wept bitterly and could scarcely articulate the words: "Alas! gracious lord, I am a lost man. I am lost."

"No," he said, "I will take you under my protection. The monster! But a moment ago he spoke of ingratitude."

Just then the count noticed that the money which Neuborn had placed upon the table at the beginning of

the game was still untouched. They were twenty gold pieces; he added fifteen more to them.

"Here, unfortunate man," said the count, giving the minstrel the money—"there is something in return for the benefit which your unworthy son has received of you. Take this purse and return thanks to divine providence, which has brought you into my house. Your song has never before brought you so much as today—" That night the poor minstrel was given a comfortable bed in the palace of the count.

The following day the minstrel related the occurrence to the good and just prince, who had compassion on the unfortunate father. "Soon the cruel Neuborn, having been deprived of his occupation, was everywhere ridiculed and put to shame. He fled to a remote province to hide his disgrace; remorse of conscience followed him, gnawed at his heart and shortened his life, which he had polluted by the most shameful ingratitude. He died, the father and the mother, that thy days may be long in the land."

Household Notes.

DAILY PRAYERS.—Parents should exercise the utmost care in seeing that their children say their morning and evening prayers, says evidence of a further attack, since her return to this country. At the first intimation of a cold in her own case or in that of any member of her family, the cold-water treatment is promptly begun, always with excellent results.

CHILDREN'S FOOD.—A speaker on food values for children recently urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets a piece of lean, rare steak or a chop with a baked potato at noon, and a dish of bread and milk at night, that his diet is sufficiently rich. He still needs fat, which can be got in pure butter, rich cream, and the fat of meat if he will eat it. Children out of infancy can be taught to like pure olive oil, than which nothing is better for them. Specialists in tuberculosis urged her hearers to take special care that sufficient amount of fat was provided in the diet of their growing children. Too many mothers think if a child eats heartily of a breakfast cereal, gets