

for older persons, nor what a child would take from choice. It must be palatable enough to be relished, or it will not be eaten in sufficient quantities; it must contain the elements that are necessary to build up muscles, nerves and bones, or the body suffers.

If the mother does not know the kinds of food that will best serve these ends she is depriving her children of proper nourishment, although it may seem to her they have more than enough to eat.

The care of children has never received as much attention as is being given to it at the present time. The wise mother will try to keep abreast of modern thought in this matter and to take advantage of the experience of others for her children's good.

A year or two ago the writer, in her capacity as editor of the "Mother's Corner" of "The Ladies' Home Journal," received between twelve and thirteen hundred letters asking for advice as to the care