

INTRODUCTION.

EVERY mother desires that her children shall be strong and well. She does not always realize that the responsibility of making and keeping them so belongs in a large measure to her. She regulates their food, their clothing and, to a great extent, their surroundings; it is on these that their health depends.

Often, while earnestly desiring to do what is best for them, she fails from want of knowledge of what is best.

It is well known, for example, that children cannot grow and develop properly without suitable, nutritious food. This is not always what is proper