

About the Baby

By KATHLEEN E. STEACY



Dinner.—Roast Lamb, Brown Gravy, Tossed Potatoes, Creamed Cauliflower, Blushing Apples, Orange Sauce, Milk.
Supper.—Cold Sliced Beef, Bread and Butter Sandwiches, Small Cakes, Cocoa or Malted Milk.

TUESDAY

Breakfast.—Apple Sauce, Oatmeal and Cream, Creamed Chipped Beef, Graham Muffins, Milk.
Dinner.—Broiled Steak, Duchess Potatoes, Candied Squash, Lettuce with French Dressing, French Rice Pudding, Lemon Hard Sauce.
Supper.—Minced Lamb on Toast, Whole-wheat Bread, Apple Sauce, new style, Milk.

WEDNESDAY

Breakfast.—Stewed Prunes, Eggs in Nests, Apple Johnny Cake, Milk.
Dinner.—Clear Soup, Roast Chicken, Rice, Peas, Creamed Celery, Prune Whip, Milk.
Supper.—Chicken Gumbo, Baked Potato, Shredded Dates, Milk.

THURSDAY

Breakfast.—Baked Apples, Cracked Wheat and Cream, Scrambled Eggs with Bacon, Sally Lunns, Milk.
Dinner.—Tomato Soup, Chicken Timbales, Sweet Potatoes, Lima Beans, Caramel Bread Pudding, Milk.
Supper.—Creamed Oysters, Bran Bread, Milk, Orange Fluff.

FRIDAY

Breakfast.—Coddled Apples, Finnan Haddie, Drawn Butter Sauce, Baked Potato, Graham Popovers, Milk.
Dinner.—Spinach Soup, Boiled Halibut Steak, Plain Potatoes, Scalloped Tomato, Apple, Celery, and Nut Salad, Crackers, Milk.
Supper.—Corn Chowder, Graham or Rye Bread, Pepper Nuts, Milk.

Feeding for Growing

THE grown-up eats to repair and replace worn out tissue, but the child must do this and more—he must eat for growth.

His stomach is smaller than that of an adult, while his needs and activities are larger; therefore he must have food that will supply a large amount of nourishment with as little strain on his digestion as possible. Food should give a properly balanced diet, and it should be cooked so that it may be digested easily. A child may not like boiled potatoes, and this may be a sign that he cannot digest them; therefore he should not be forced to eat them boiled. Try him with a potato baked in its jacket.

Emotions have a direct effect on digestion, and in forcing a child to eat anything he dislikes, or does not want, we are defeating our own object, which is to give him something that will be of use to him—if he dislike it, he will not digest it so easily, and if he get into a temper over it, he will not digest it at all; and a bad attack of indigestion with headache follows. The undigested food is worse than wasted, since it does the child no good and does do him harm.

The Baby and the Movies

THE movies is no place for a baby. He cannot take any pleasure in it, and the constantly changing pictures and moving lights are very bad for his sensitive eyes, and very irritating to his delicate nervous system. Many movie theatres are poorly ventilated, and the baby suffers for want of the pure, fresh air that is so necessary to his comfort and health. Surely it is only necessary to consider this matter in the light of reason and

common-sense to realize how unwise it is to take babies and young children to such places. They are kept up and awake, long past their proper bed time, their nerves are rasped by the continual moving, and their eyes may be injured for life by the swiftly-moving pictures.

The mother takes them home, cross and irritable, probably shakes them, possibly spansks them, for what is her own fault! Why blame the child for being cross and irritable when he has been kept up hours after he should have been asleep?

For the Baby of Fourteen Months

JUNKET is a predigested food, frequently prescribed for teething babies from fourteen months on, also for delicate children. It is prepared with essence of rennet or a junket tablet, which can be bought at any good grocery. Pour one quart of sweet milk into a clean enamelled stewpan, setting it on the stove to become warm but not hot. Dissolve a junket tablet in one tablespoon of cold water. Turn this lightly into the warm milk, stir just enough to mix it, add a very little sugar and flavouring, and turn into cups or small bowls to cool. When cool it looks like milk jelly. When the baby is exhausted by teething, add an egg, thoroughly beaten, with the sugar and flavouring. This dish is more easily digested than plain or modified milk.



Life's Inspiration

By LAURA GUYOL WOLFE

I've climbed the stairs uncounted times, I've rocked the baby o'er and o'er;
I've arbitrated childish wars until my every nerve is sore;
I've put on sweaters, buttoned coats, and fought with rubbers 'most too small;
Until in weariness I cry, "I'd really like to end it all."

Then Baby-Love holds out her arms, and laughs aloud in infant glee;
And Four-year-old comes crowding close, his golden head laid on my knee.
Dear Daughter strokes my throbbing brow, and whispers "Mother, I love you;"
While oldest Son, engrossed with tools, calls, "Mother, see what I can do."

'Tis then, dear Lord, with tear filled eyes the outline of your plan I see,
And prayers sincere for strength to do rise from the very heart of me.
With love enough, the greatest task will never bring the wish to shirk.
This now my plea, most gracious God, "Oh, make me worthy of my work!"

Punishment or Correction?

HOW old must a baby be before he understands he is being punished? For the first few months he is merely a little animal—all he knows and wants is sleep, food, and warmth.

We have had, at some time, a pet dog or horse with whom we have, at times, played rather roughly. We have opened the dog's mouth and kept it open with our bare hand; we made him uncomfortable and possibly

hurt him. But he did not close his teeth and hurt us; he growled joyously and played up to our lead. Suppose that the dog had, unknowingly, done wrong and, as a punishment, we forced his mouth open and held it so with our bare hand—would he wag his tail and, using his jaw as a pivot, curvet around us in glee? He would not. He would settle down on the ground and industrially endeavour to free his mouth; and if we persisted, the length of time before that dog would hurt us depends entirely on the depth of his generous and chivalrous nature. The discomfort of the punishment may not have been so great as the discomfort of the rough play, but the dog knew the difference.

So the baby of an hour old knows the difference between the touch of love and the touch of indifference or of anger; because—alas!—punishment is usually administered in anger.

When the child does wrong, show him what he has done, point out the consequences, explain why he must not do it again, and be sure he understands and comprehends; if he does it again, put him quietly by himself to think it out; then talk it over with him, and punish him in a sensible, rational, sane manner.

But, you say, "I haven't the time to do that." Wrong; what you haven't is the patience and the control over yourself. Before you can control even a tiny baby, you must control yourself, and having done that, the rest is easy.

It is well to remember always that the child is to be corrected so that he will not do the wrong thing again, and that this can be done only by treating him as a reasonable, reasoning being, and that punishment given in anger is merely retaliation and only teaches the child to avoid detection and to hit back.



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