

Diet from 3 to 10 Years.

Milk, eggs always cooked soft, either boiled or poached, meat, beefsteak, roast beef, lamb or chicken, fish, potatoes, peas, string-beans, celery, beets, carrots and squash. In cereals the important thing is that they are properly cooked. Never choose ready-to-serve cereals for children; oatmeal, hominy, rice, wheaten grits, cream of wheat, are all good. Nearly all plain broths may be used, also soups thickened with rice or barley. Give stale bread rather than fresh; oatmeal, graham or arrowroot biscuit are good, also very plain cake and desserts.

Cooked fruits and the juice of fresh fruits are an important part of the diet.

For drink, for children use only milk, water and very weak cocoa; never tea, coffee or any kind of beer.

In full particulars in the care and feeding of children one cannot study a better book than the one written by L. Emmett Holt, M. D.

If the mother is to nurse the baby, the child should be put to the breast within twelve hours after birth. Usually the baby is put to the breast just after it has been bathed, or as soon as the mother has rested sufficiently. If the baby is not taught to nurse within twelve hours after birth, it becomes more difficult with every hour. The milk as a rule does not appear in the breasts until the third day, but the child obtains a thick, nutritious substance, called colostrum, which acts as a gentle laxative and affords all the nourishment needed. If the child is not satisfied feed it a little hot water, nothing else will be necessary. A baby should be given water every day, oftentimes a child cries with thirst, which the milk will not satisfy. Feed the baby almost every eight hours, until the milk appears on the third day, then feed every two hours. About twenty minutes is the right time for each feeding.

Teach your child regular habits. No one gets a habit more quickly than a baby. If baby is asleep when the time for feeding arrives, waken him, you will only need to do this a few times. Also have regular time for bath, in the morning, midway between two feedings is best. And it is not only when your child is very young that it needs bathing, for the daily bath should be continued in the mornings until your child is at least two years of age, then could be changed to the evening. Do not count time wasted which is spent in keeping your children clean. Keep your baby's flesh dry and avoid chafing. There is no surer sign of a good mother than the perfect condition of the baby's flesh.

The infant should sleep from eighteen to twenty hours of the twenty-four in the first three months.

If your baby is to be bottle fed, see to it that the feeding bottles are always kept clean. Clean the bottle as soon as the baby has finished feeding. First rinse with cold water, then wash both bottle and nipple thoroughly in warm, soapy water, rinsing again with clear water. If this is done each time, you will have no trouble in having clean, fresh bottles and nipples for your baby's milk. Never use any milk left in the bottle for a second feeding, always use fresh milk each time.