Boys' and Girls' Clubs

For several years Boys' and Girls' Clubs have been organized all over the United States and are carrying on their work in potato clubs, corn clubs, poultry clubs, pig clubs, canning clubs and many other clubs. No scheme has ever been devised that has proven so interesting to the boys and girls on the farms and the movement is spreading rapidly in Western Canada. Already a large number of boys' and girls' clubs have been organized in Manitoba, and school fairs were held last year in a great many districts. The movement is bound to spread all over the prairie provinces. The Guide has decided to publish a series of articles on boys' and girls' clubs and school fairs, written by the boys and girls themselves, and for that purpose The Guide is offering

$18 Cash Prizes $18

We want every boy and girl who is a member of any club or who has attended a school fair to write us an article for this competition, telling how the work was conducted and what was the result. We will divide the competition into three subjects. The first subject on which we want the boys and girls to write is

Our School Fair

Under this subject any boy or girl may write an article describing the school fair held in their own community. This article should tell when and where the school fair was held and how it was conducted. There should be a brief description of the exhibits with special mention of anything of particular interest. In fact, it should be the whole story of the fair telling the part taken by the boys and girls, the parents and the teachers and indicating the nature and the value of the prizes given.

Our Own Club

Under this title any boy or girl may write a description of the club to which they belong, whether it be a poultry club, potato club, pig club, or any other kind of boys' or girls' club. The article should tell when the club was organized, how many members there are of boys or girls, what work they have done in the way of raising animals or producing crops, and what prizes they captured at the school fair if one was held, and any other information that will make a complete and interesting story of the club and its organization.

My Own Experience

Under this title we want boys and girls to write us an article telling just what they themselves have done as members of some boys' or girls' club of any kind. This article should tell how they became a member of the club, what part they have taken in the club and at the school fair and should relate the success and failure of their work and their plans for the next year.

These compositions which we are asking the boys and girls to write must not under any circumstances exceed 500 words in length and may be shorter if the whole story can be told in less space. The article must be written on one side of the paper only and must be a good faithful account of the subject, written in an interesting manner. The prizes will go to the best stories regardless of whether they describe the largest school fair or school club or the smallest, so that every boy and girl who has taken any part whatever in club work or school fairs may win the first prize. The prizes will be distributed as follows:—

$6 in Prizes for Each Subject

First Prize	$3.00
Second Prize	2.00
Third Prize	1.00

No boy or girl can win more than one prize. All these stories must be written and forwarded so as to reach The Guide office not later than March 11. This would give a clear month for the work, which would be plenty of time. The competition is open to any farm boy or girl in Manitoba, Saskatchewan or Alberta. Address all letters to—

BOYS' AND GIRLS' CLUBS
The Grain Growers' Guide
WINNIPEG, MAN.

The Country Cook

Tried and tested recipes will be welcome for this column. Recipes will be published, on request, for any dish. Address all correspondence, "The Country Cook, Grain Growers' Guide, Winnipeg."

Two weeks ago we discussed the diets of children during their second year. This week we will take the third and go on to the tenth year, altho I doubt if any of us ever have been dieted to the tenth year, and it is not very probable that we will diet our children to that age. After a child is three (and too often before) we give the child whatever the rest are having. However, we can remember a few of the things that are to be specially avoided.

The Third Year Diet

Dr. Holt gives the following for the third year:—

7.30 a.m.—Cereal, cooked (preferably overnight) for at least three hours, altho a somewhat larger variety may be allowed than during the second year. Given as before with milk or thin cream but with very little sugar. Warm milk one glass. A soft egg, poached, boiled or coddled. Very stale bread, one slice with butter.

10 a.m.—One cup of warm milk with a cracker or piece of stale bread and butter.

2 p.m.—Soup, four ounces, or beef juice, a little chop, steak, roast beef, lamb or chicken. A baked potato or a little boiled rice or spaghetti cooked for five hours. Green vegetables: Asparagus tips, string beans, peas or spinach cooked until very soft and mashed or put thru a sieve, 1 to 2 tablespoonfuls. Dessert: Baked or stewed apples or stewed prunes.

6 p.m.—Cream of wheat, farina or arrowroot cooked for at least half an hour, plenty of salt but no sugar, or milk toast, or bread and milk, or stale bread and butter and a glass of milk.

These schedules of Dr. Holt's are, as I have said, at any rate very safe. They are perhaps a bit monotonous, and one has to vary them at times, but with these as a guide and with the exercise of a little common sense one can be sure the children are having nourishing wholesome food. Often an old dish served in a new form appeals. Junket served in a custard cup or sherbert glass tastes much better to a child than junket served in an ordinary sauce dish.

Egg Junket is a change from the ordinary. Separate the whites from the yolks of two eggs, beat the whites until stiff, and the yolks until stiff. Gradually add the yolks to the whites, beating constantly. Heat one pint of milk until lukewarm, dissolve in this quarter cup sugar, half teaspoon vanilla extract, pour over the beaten eggs, add one and a-half teaspoonfuls liquid rennet or one junket tablet dissolved in a little cold water. Served in glasses and with a few specks of jelly on the top this dish appeals to any child.

Cream of Wheat Pudding

When the little ones have wearied of the plain cream of wheat, the following will often take its place as a supper dish. This may be made from any left over bit from breakfast or from the raw material. Scald one quart of milk in a double boiler, add half teaspoonful salt and stir in slowly one-third cup of cream of wheat. Cook for half an hour. Separate the whites of two eggs from the yolks, beat the yolks well and stir into the cream of wheat, cook about half minute. Remove from the fire and fold in the beaten whites of the eggs. Flavor with vanilla or a scant grating of nutmeg. Serve with thin cream and sugar.

Jelly.—For a child of three years the following jelly is often relished as a dessert. Take a jelly powder, red, add two and a-half cups of boiling water, one teaspoon sugar. When the jelly is beginning to set beat well and add the stiffly-beaten whites of two eggs. Serve with a custard made from the yolks of the eggs and milk, slightly sweetened and flavored, or serve with a little thin cream.

Custard.—A baked or steamed custard may form the main dish at supper. Beat one egg until light, add one cup of milk, 1 teaspoon sugar, a pinch of salt and half teaspoonful of vanilla or lemon extract. To bake put in small dish. Set in a dish of water and bake in a very slow oven. This is very good cooked in the double boiler, one must take care to cook slowly or the custard will be watery. Sometimes a teaspoon or so of caramel may be added in place of the sugar. Next week we will discuss some diets for older children.

Fourth to Tenth Years

From the fourth to the tenth year milk should form a very important part of every child's diet. It is very easy of digestion and contains all the elements necessary in a perfect food. The average child should take from one pint to a quart of milk daily. More than this is not desirable, as children of this age need a more mixed diet. Milk for older children should not be as rich as that given to infants.

Eggs are another very important item on the children's menu. They should, of course, be strictly fresh and soft boiled, poached or coddled, but never fried. A child with average digestion may take one egg for breakfast and another for supper. I have found the white of an egg invaluable in cases of severe illness, when little else could be retained on the stomach. Beat the white slightly, add half a glass of water, and if necessary a little orange juice. A few teaspoonfuls may be given at a time.

Children should not have meat oftener than once a day, and even then only in small quantities. Beefsteak, roast beef, mutton chop, roast lamb, broiled chicken and certain of the white fleshed fish may be given, never ham, sausage, pork, liver, kidney or any fried meat. Thickened gravies are not good for children, but "platter gravy" from roast beef is exceedingly nutritious.

Potatoes Cooked Properly

According to Dr. Holt, white potatoes should be the first vegetable given. These should be baked or boiled and mashed. Never give a child fried potatoes, as the grease coats the particles of starch and makes them exceedingly difficult of digestion. Potatoes for a child should be served with beef juice or cream rather than with butter. The green vegetables allowable are peas, spinach, asparagus tips, string beans, stewed celery, young beets or carrots and squash. Sweet potato, turnips, boiled onion and cauliflower may be given after the sixth year. Raw celery, radishes, onions, cucumbers, tomatoes or lettuce should never be given to young children.

The chief thing to remember about cereals is to cook them well. Oatmeal cooked for twenty minutes or half an hour is not fit for anyone to eat. Hominy, rice and the wheat preparations require at least three hours cooking in a double boiler. Cornstarch and arrowroot should be cooked for thirty minutes. Cereals should be served with milk or a mixture of milk and cream, but with very little sugar.

Meat broths are generally to be preferred to vegetable soups, and stale bread to fresh, hot bread. Fresh rolls, griddle cakes and iced cakes are certainly not the best things for a child's stomach.

Change of Menu

The matter of desserts is a particularly hard one to manage. I know the "best authorities" say only simple milk puddings, such as junket, rice cooked in milk, etc., should be allowed, but children tire of these, and one has to invent a change now and again. Cornstarch pudding lends itself well to a variety of flavoring. A bit of chocolate or cocoa added, or a tablespoonful of caramel and one does not recognize the original article. For a child of delicate digestion, or in cases of stomach or bowel trouble make the pudding of half cornstarch and half flour, a generous pinch of salt, and little, if any, sugar. Cook for at least half an hour and pour over the beaten white of an egg.

The Country Cook.

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