

THE WOMEN'S PAGE

Feeding of Children

Fourth to Tenth Year

Vegetables—During the first part of the period, white potatoes, peas, spinach, asparagus tips, string beans, young lima beans, well mashed, stewed celery, young beets or carrots and squash, baked sweet potatoes, turnips, boiled onions and cauliflower, all well cooked, may be given after the sixth or seventh year in moderate amount. The principal trouble in the digestion of vegetables is due to imperfect cooking. It is, in fact, almost impossible to cook them too much; they should also be very finely mashed. Many of the best brands of canned vegetables are quite safe and some, such as peas and asparagus can be used with advantage. They are frequently better than stale green vegetables often sold in the markets.

None of the vegetables which are eaten raw should be given to young children, such as celery, radishes, onions, cucumbers, tomatoes, or lettuce. Certain others, even when well cooked, should not be allowed; as corn, old beets, or lima beans, cabbage, eggplant. None of these should be given until a child has passed the age of ten years. As a rule salads of all kinds should be omitted until a child has passed the tenth year.

Cereals—The important points in selecting and preparing cereals are that they are cooked properly and not used in excess. The dry or ready-to-serve cereals should not be chosen for children, nor should a child, because he is fond of cereals, be allowed to make his entire meal of them. One saucerful is enough. For constipated children the coarse cereals should be chosen. Most of the grains—oatmeal, hominy, rice, wheaten grits—require at least three hours' cooking in a double boiler in order to be easily digested. Cornmeal, cream of wheat and farina should be cooked at least one hour.

Broths and Soups—Meat broths are generally to be preferred to vegetable broths—mutton, veal, or chicken being usually most liked by children. Nearly all plain broths may be given. Those thickened with rice, barley, or cornstarch form a useful variety, especially with the addition of milk. Vegetable purees of peas, spinach, potato, celery, or asparagus may be used for children over seven years old. Tomato soup should not be given to small children.



Showing it is not always bad to be behind the bars. Mrs. B. L. Smith (at left), and Miss Blanche Burdette, at their "Post"

Bread, Crackers, and Cakes—Fresh bread should never be given, but stale bread cut thin and freshly dried in the oven is very useful; also zwieback, the unsweetened kind preferred. Oatmeal, gluten crackers, and the Huntley and Palmer breakfast biscuits, stale rolls or cornbread which has been split and toasted form a sufficient variety for most children; sweet crackers should be avoided.

All hot breads, fresh rolls, griddle cakes, all fresh sweet cake, especially if covered with icing and containing dried fruits should be forbidden. A stale lady finger or piece of sponge cake is about as far in the matter of cakes as it is wise to go with children up to seven or eight years old.

Desserts—Up to six or seven years, only just plain rice, cornstarch, or farina pudding without raisins, baked custard, and not more than once a week a moderate amount of ice cream. All pies, tarts, and pastry of every description, jam, sirups, and preserved fruits; nuts, and candy should be especially forbidden.

Fruits—They are a very important part of the diet, being particularly useful for the effect they have upon the bowels. As a general rule, up to five years only cooked fruits and the juices of fresh fruits should be given. Fresh juice from oranges, grapefruit, peaches, strawberries, and raspberries will be found beneficial. The pulp of oranges or grapefruit, also cherries, berries, bananas, pineapple, and raw apples, especially between meals should be avoided.

The fruit juice given early in the morning upon an empty stomach works more actively upon the bowels than if it is given later in the day. It is not as a rule, wise to give cream or milk with sour fruits.

Tea, coffee, wine, beer, and cider in all quantities and in all forms should be forbidden to young children below puberty. Cocoa which is made very weak, almost all milk, is often useful as a hot drink. Lemonade, soda-water, etc., should, if possible, be deferred until the tenth year. A free indulgence in things of this kind should never be permitted with children of seven or eight years.

Mrs. Roby Claywell, of Tallassee, and children have returned from a visit to her parents in Morganton.

IF IT IS
FRESH, FANCY, OR STAPLE
GROCERIES

SEE
W. T. CUTCHINS, JR.

PHONE 11

PINE STREET

DO YOU OWN YOUR HOME?

Any day is a good day to begin paying on a home;
but today is the best.

The decision is the first step in the right direction!

TALK IT OVER WITH GOOCH