

5. Some eggs or meat, including fish and fowl.
6. Sugar.
7. Fruits.

Choose easily digested food for the child, and see that it is properly cooked.

Meals for the Well Child.

By the end of the first year, a child should have four meals a day. By the end of the second year, three meals a day are sufficient for the average child.

Plenty at Meal Time, and Nothing Between Meals.

A baby at one year may take a quart of milk a day. After this age, as he takes more cereal and bread with egg and vegetables, reduce the milk to three cups a day. A child will take more food if he drinks most of the milk at the end instead of at the beginning of the meal.

Cereals, bread, potato, and rice are the starchy foods—the fuel foods—and should be part of every meal. Cooked cereals are best for children. Victory bread, thoroughly dried in the oven, can be used from infancy on. The child needs an abundance of fuel food as well as growth food.

Green vegetables—spinach, chard, beet greens, beets, carrots, onions, string beans, celery, asparagus—should appear in the diet by the end of the first year. These vegetables should be first used in strained soup or broth, then as purees, and by the end of the second year mashed or finely divided. Peas, beans (other than string beans), and corn should not be given to very young children except as purees. Cauliflower and cabbage may be given to older children.

Children crave sweets, and they should be given these, especially in the noon dessert, as simple puddings, custards, home-made ice cream, fruit, jellies, or simple candy.



A BUSY DAY IN THE CANNING STATION.

Sweets between meals mean bad teeth and bad "tummies."

Fruits should appear daily in the diet of the child; fruit juices for the baby, stewed apples or prune pulp later in infancy. Raw apple (at first scraped), oranges, ripe peaches, and any cooked fruit may be given to the older child. Bananas are not fit food for a child to eat unless the skin is brown or the banana is cooked.

The Right Sort of Food at the Right Time.

A young child should have the principal meal at noon, including a vegetable and meat soup, or an egg or meat (including fish and fowl), with a green vegetable, and starchy vegetable or cereal. Cereal and milk with cooked fruit make the best supper and breakfast.

—U. S. Department of Labor, Children's Bureau, Washington.

Opening of the Badin School

The Badin school opened with an enrollment of 513 students, which fills the present building to overflowing. It is hoped, however, that the four additional rooms, completing the original plan of the building, will be ready in October. A full corps of well trained teachers were present on opening day, and the school is fortunate in securing many very strong teachers to fill the places of those who did not return from last year's corps.

Miss Louise Whitley, teacher of mathematics, is this year's principal. Misses Lois Bell, Ruth Brawley, Bess Whitson, and Mrs. Maude Dawkins, returned to their respective classes in the Primary Department.

The new teachers are: Misses Claire Snead, of Carrolton, Ga., Science; Margaret Jones, Americus, Ga., English; Alberta Boone, Durham, N. C., History;



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