

and year. During this period every four hours is often enough to feed a child.

6.00 a. m.—Warm milk, eight to ten ounces.

8.30 a. m.—Fruit juice, two to three ounces.

11.00 a. m.—Cereal, of those recommended for the fourteenth to the eighteenth month, three good tablespoonfuls. Crisp dried bread, zweiback. Warm milk, one cup (six ounces).

3.00 p. m.—Beef juice, two ounces, and one soft egg, or broth, four ounces, and meat, one level tablespoonful; care being taken that the meat is always rare and scraped or very finely divided; beefsteak, lamb chop, or roast beef may be given.

Small, thoroughly baked potato; or rice, two tablespoonfuls. Stewed carrots or fresh green peas, strained, one level tablespoonful. Prune pulp or baked apple, one to two tablespoonfuls. Water (no milk).

7.00 p. m.—Cereal, three tablespoonfuls of farina or cream of wheat, cooked for at least one hour; and warm milk, eight ounces; or bread and milk (stale bread, three days old, two slices, and ten to twelve ounces of warm milk).

—A BADIN MOTHER

Flowers! Flowers!

Spring is coming soon; look to the beautifying of your homes. Even if you do not own the place, try to cultivate that which has been provided.

Maurice Maeterlinck, who made "The Bluebird" famous, says:

"When you feel you are growing old, cultivate a garden. There is nothing like it for making you feel the sense of growing things." All lovers of Nature's beauty should follow his example, if only in a small way.

It does not require large and expensive surroundings to have a touch of the beautiful. Even tiny beds of pinks, pansies, petunias, etc., give an air of fragrance, even if there is no room for them except the back yard.

Teach the children to love Nature, and to cultivate a few square feet of ground for vegetables and flowers. They will soon become interested, and as they grow older will have an inclination to expand to larger fields, and work mother's garden.

Preparations for the gardens should be made as soon as the weather permits; but, whatever you do, don't allow yourself to use a hoe or plow in wet soil.



METHODIST SUNDAY SCHOOL IN EARLY DAYS, MEETING IN THE HOSE REEL HOUSE

Spring is the best time for planting roses and most kinds of shrubbery.

Dig a trench now for sweet peas, and plant the first of February, using plenty of the right kind of fertilizers.

In planting annuals and perennials, don't fail to set close enough to have a mass of blooms, always planting the tallest in the center of formal beds, or in the rear for fence line if screen is desired.

Avoid all kinds of formal beds with stones, brick, or bottles as an outer surrounding.

Violets, candytuft, sweet allyssum, and low growing plants make nice borders. It is a good idea to let the lawn grass grow right up to walks or flower beds. Turfed walks in a flower garden are much nicer and more pleasing to the eye than gravel.

All front yards should be well kept lawns instead of a lot of small formal flower beds.

Mass your evergreens and shrubbery near the house, suitable corners, or outer borders—this must be regulated to suit the building and surroundings.

Any information you desire for planting, call on Mr. A. C. Mauney, of the Landscape Department.

The Stork Brought

To Mr. and Mrs. Frank Sells, Hardaway, December 4, a 12-lb. son.

To Mr. and Mrs. Price Bell, Spruce Avenue, December 5, a daughter, Mary Elizabeth.

To Mr. and Mrs. Everett Hall, a 9-lb. boy, December 15.

To Mr. and Mrs. L. H. Faries, December 16, a daughter, Mary Innis, 8 lbs.

To Mr. and Mrs. A. E. Hill, December 17, a daughter, Margarette Sironia.

To Mr. and Mrs. C. M. Dawkins, December 23, a daughter, Cathelene Moore.

To Mr. and Mrs. P. H. Kearns, December 28, a son, 8 lbs.

To Mr. and Mrs. Will Bunn, West Badin, January 2, 9¼-lb. boy.

To Mr. and Mrs. Oscar L. Taylor, January 2, a 6-lb. daughter, Johnie.

To Mr. and Mrs. W. J. Wallace, January 10, a daughter.

To Mr. and Mrs. R. O. Evans, January 13, 7-lb. girl.

To Mr. and Mrs. B. R. Fuller, twins, 5 and 6 lbs.—Carolyn Blanche, Margaret Lee, January 16.

To Mr. and Mrs. Z. B. Robinson, Maple Street, a daughter, Margaret Sarah, January 20.

To Mr. and Mrs. Sam Lowder, January 21, a 10-lb. boy, Boyden Cells.

To Mr. and Mrs. Will Mabry, Walnut Street, twin boys, January 29.

To Mr. and Mrs. L. R. Upchurch, January 31, a boy, 7¾ lbs.—L. R., Jr.

The Scout Movement

National Good-Turn-Week, February 8 to 14, 1920, celebrated the tenth anniversary of the founding of the Boy Scouts of America. The founder of the Boy Scout idea is Lieut.-Gen. Sir Robt. Baden-Powell, of England, and the date which the English Scouts celebrate is 1907. The movement was brought to this country by Mr. W. D. Boyce, of Chicago, and on February 8, 1910, the