

THE WOMEN'S PAGE

Feeding During the Third Year

During this period, three regular meals should be given, and if the child seems to require it, give milk once besides, either between the breakfast and dinner, or dinner and supper, whichever is the longer interval. Also water should be given freely between meals.

Feeding Schedule for an Average Child During the Third Year: Breakfast—Cereal; three good tablespoonfuls; cooked preferably overnight or for three hours; a somewhat larger variety may be given than during the second year; the addition of a little sugar may be permitted.

Warm Milk—one cup.

A soft boiled egg, poached, boiled, or coddled. Bread (very stale or dried), one slice, with butter.

Dinner—Clear broth or soup (mutton or chicken, in which rice or barley has been cooked and strained out), four ounces. Meat, two level tablespoonfuls; lamb chop, beefsteak, roast beef, roast lamb, or chicken.

A thoroughly baked white potato; or some boiled rice (cooked five hours).

Green vegetables, one level tablespoonful; asparagus tips, string beans, peas, spinach, carrots; all to be cooked until very soft, and mashed, or preferably put through a sieve.

Dessert: Cooked fruit, baked or stewed apple, or four or five soft stewed prunes (skins removed).

Water (no milk).

Supper—Cereal; three good tablespoonfuls of farina, cornmeal, or cream of wheat, cooked for at least one hour; served as in the morning meal; and one glass of milk; or bread and milk; or stale or dried bread, with butter, and a glass of milk.

Children rest much better after eating a light supper.

Pettijohn's is an excellent cereal; also it is the rolled wheat with all the bran.

The fireless cooker is a very useful contrivance for cooking cereals, also for vegetables that require long cooking.

It would be difficult to prepare a feeding schedule for the following years; but a few "do's" and "don'ts" might be mentioned.

Milk—During the period covering the fourth to tenth year, milk should still form a very important part of the diet; nothing can take its place. The average



MARGARET AND KATHERINE BOWLING
Margaret, Aged 5; Katherine, Aged 3

child, with good digestion, should take two or three glasses of milk daily.

Eggs—Eggs also form a most valuable food. It is important that they should be fresh, and only slightly cooked; soft boiled, poached, or coddled; fried eggs should not be given, and most omelets are objectionable. There are, however, some few who have a peculiar idiosyncrasy as regards eggs, and cannot take them at all.

Meats—The best meats for young children are beefsteak, lamb chop, roast beef, roast lamb, chicken, turkey, and certain delicate fish, such as shad, trout, or bass; to those of five or six years, a small quantity of breakfast bacon may be allowed. Most meats should be rare, and either scraped or very finely divided, as no child can be trusted to chew meat properly. Meats are best broiled or roasted—not fried. Cold meats require much chewing, and should not be allowed young children. The beef juice, or so called "platter gravy" from a roast, is exceptionally nutritious and desirable, but many of the thickened gravies are much less digestible, and too often given in excess.

Vegetables—Cereals—Soups—Fruits, etc., in next issue.

—A BADIN MOTHER

The Falls—Winter of 1917-'18

I'll say it was some winter! Those of us who survived refer to it with the same proud spirit that the late Rear-Admiral Peary referred to his trip to the North Pole. The water supply line was run from the million-gallon tank over near the Narrows down to the Falls during the balmy summer days of August, 1917. Some of our engineers from farther North treated lightly—too lightly—the suggestion that it sometimes gets cold here. Well, it got cold. Snow began falling the latter part of November, and stayed on the ground until the first of January. About a mile and a half of that water line froze as hard as a brick. The result was that we had to requisition the sprinkler wagon that had been used the previous summer to keep down the dust for the city folk. This water wagon, pulled by four horses, made one trip a day to the Falls for about five weeks. As this was our only water supply, baths became few and far between. People were hanging around the

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