

### Care Of Children's Feet Is Very Often Forgotten

If every mother paid as much attention to her child's feet as she does to dark rings around the neckline and a scrubbed and shiny look, foot health statistics among children would tell a different story.

According to national surveys 76 per cent of school children suffer from foot defects by the time they reach fifteen years of age.

Watch a child jump, run, spring. Every muscle is brought into play. Restrictions at any point mean that muscles cannot develop freely and with elasticity, and tiny bones may be permanently forced out of natural alignment.

From infancy to late teens the same fitting principles apply, for the foot continues to grow until the twentieth year. Yet how quickly these principles are lost sight of.

The too-short toe is usually the first offender. Cramping the toes throws the entire arch out of adjustment. The foot compensates for the unnatural position by allowing the long, flexible arch bones to be depressed slightly. Before long the child has acquired weak feet.

Err on the side of a shoe that is too wide rather than one that is too narrow. The toe-box should be square and high. Fit always three-quarters of an inch longer than the longest toe which frequently is the second rather than the great toe.

Patronize a shoe dealer who tries on both shoes and fits the child standing, bearing weight as well as seated.

Remember, too, that short-footed stockings may cramp the toes and disguise width and length measurements. Buy large is a good rule and discard at once stockings that shrink or are out-grown.

Fortunately, children's shoes are generally well designed to allow for the growth of the foot in a natural position. It pays to shop at stores that make a special feature of the children's shoe department. There you will find fitters trained to understand the anatomy of a child's foot.

For the duration there will be fewer shoe styles from which to choose. But there will be no dearth of staple play and school shoes.

#### SNOODS IN MODERN MOOD

Snoods offer inspiration for tricksters on decorating notes. Smartest are the woolly ones which may be decorated with bright felt flowers for back interest. The more flowers the merrier the snood!

### WAR STAMP BONNETS



Yankee doodle dandies, two smart young Teen-Agers who go all out for Victory and dress the part, as evidenced by their red, white and blue cardigan outfits. On their heads, "Minute Girl" caps with little picture frames that proudly display War Stamps. Our teen age Miss is doubly smart with her red cardigan jacket that goes with everything!

Parents' Magazine Photo

### CHILD ENTITLED TO GOOD DINNER

#### Menus For School Week Presented By Parents' Magazine

All school children are entitled to an attractively planned, well-cooked dinner. But mother often find it quite a job to plan menus that will suit all the members of a family — from father down through the 'teens to the four and six-year-olds.

In order to give you an idea of how you can plan for adults and school-age tastes and yet, with simple changes, make your menus safe and wholesome for the youngest children, The Parents' Magazine Feeding the Family Department has planned these seven dinners for you.

- SUNDAY**  
Orange Cocktail  
Roast Lamb Browned Potatoes  
Glazed Carrots and Peas  
Lettuce Salad  
Glorified Applesauce (1)  
Serving for Young Children:  
Substitute shredded greens in a sandwich for the salad.
- MONDAY**  
Cream of Mushroom Soup  
Stuffed Veal Chops String Beans  
Sweet Potatoes with Orange Juice Sauce  
Shredded Raw Vegetable Salad  
Apricots with Marshmallow Surprises (2)  
Serving for Young Children:  
Soup may be omitted, Substitute broiled lamb chop for veal and serve shredded raw vegetables with mild salad-oil dressing.

- TUESDAY**  
Sauerkraut and Tomato Juice Cocktail  
Lamb Pie with Potato Crust  
Buttered Yellow Turnips  
Rennet Custard with Maple Sauce  
Serving for Young Children:  
Serve plain tomato juice instead of cocktail.
- WEDNESDAY**  
Spinach Ring with Creamed Eggs  
Baked Potatoes  
Sweet and Sour Beets  
Prune Gelatin (3)  
Molasses Cookies  
Serving for Young Children:  
Consomme may be omitted. Serve plain buttered instead of sweet and sour beets.

- THURSDAY**  
Old-fashioned Potato Soup  
Beef Loaf Brown Rice  
Casserole of Red and Green Cabbage  
Orange Custard (4)  
Serving for Young Children:  
Cabbage casserole may be omitted. Shredded green cabbage mixed with a mild dressing may be served in a whole-wheat sandwich.
- FRIDAY**  
Codfish Balls Broccoli  
Tomato Jelly Salad with Chive French Dressing  
Banana Pie  
Serving for Young Children:  
Serve salad without dressing. Serve sliced banana with custard for dessert.

- SATURDAY**  
Cream of Broccoli Soup  
Cold Sliced Beef Loaf  
Green Tomato Pickle  
Scalloped Onions and Potatoes  
Brussels Sprouts  
Cranberry Cottage Cheese Salad (5)  
Serving for Young Children:  
Soup may be omitted. Do not serve pickle. Serve salad without dressing.

Fort Bragg, N. C., is named for Gen. Braxton Bragg, C. S. A. native North Carolinian.

Stirred by activities against the "fifth" column as a saboteur of our national interests, those who see "carelessness" as a breeder of accident and waste, have launched a campaign against what they term the "seventh column," and are enlisting the help of school children to combat "carelessness" on the home front.

It is not unlikely that school youngsters will find their own way to designate careless youth, just as "sissy" and "fraidy cat" have long been applied by youngsters to taunt their schoolmates.

Figures show that carelessness—the seventh column—has accounted for more casualties among Americans than did all of our enemies on the battlefield during the first six months of 1942.

#### Two Pairs Of School Shoes Good Economy

Taking the economy viewpoint, it is a good idea to buy the student at least two pairs of everyday shoes for alternate wear. In this way both pairs of shoes will last longer, keep their shape better and contribute more to foot comfort and health.

Three important rules to remember are: buy school shoes wisely in the correct size; buy them early, and buy quality.

For, good shoes, soundly constructed on the basic principles of foot health, offer a good foundation for future adult well being and make for more alert, happier and healthier Americans.

**KEEP 'EM CLEAN**  
Wet shoes should never be dried out before a fire or near any heat and shoe trees should be in them while drying. Mud left to dry on shoes is being unfair to our nation's war effort. This causes shoes to deteriorate and thus wastes leather.

#### SHIP SHAPE



School boy admiration for Uncle Sam's sailors have prompted many to adopt the jaunty white cap for daily wear. But better yet, knowing that sailors wash their own, the custom is beginning to teach youngsters self reliance and appreciation of clothing. Witness the sudsy operation under way above.

### Buy War Stamps During Shopping Now To Save For College Education

"Take part of your change in War Stamps" is an urge that becomes especially appropriate now as the seasons during which children are being outfitted for the return to school approaches.

Here is a slogan which, if acted upon, can furnish the basis for a college education for many a youngster while the money is being employed by the United States government to insure parents that the chance for that higher learning will not be denied their youngsters.

Innumerable opportunities for "taking part of your change in stamps" will occur during the next few weeks, and best of all, the youngsters themselves will be right on hand to observe the good example being set by their parents.

Mothers and fathers can well seek the opportunity, when sons or daughters have decided on the suit that is to be purchased, the shoes that fit, are chosen.

That will make it much easier to encourage the youngster to allot a part of his allowance every week to collecting war stamps for himself.

It will lead the older Teen Ager, who may find it much easier this year to earn money after school in jobs where they will be substituting for someone called into the armed services, or someone who has moved on to a war industry job, to invest part of what they earn in the future of this nation.

Take part of your Back to School shopping change in War Stamps.



### A Direct Reduction HOME LOAN Will Educate Your Child

There's nothing more valuable than a good education . . . especially in times like these. Don't deny your child the right to better learning and ultimate success. We have unlimited funds to lend on approved property. Consider Young America to be a trustworthy investment, so come in today and let us explain the many advantages of our direct reduction loan plan.

### BUY WAR BONDS FROM THE CAROLINA

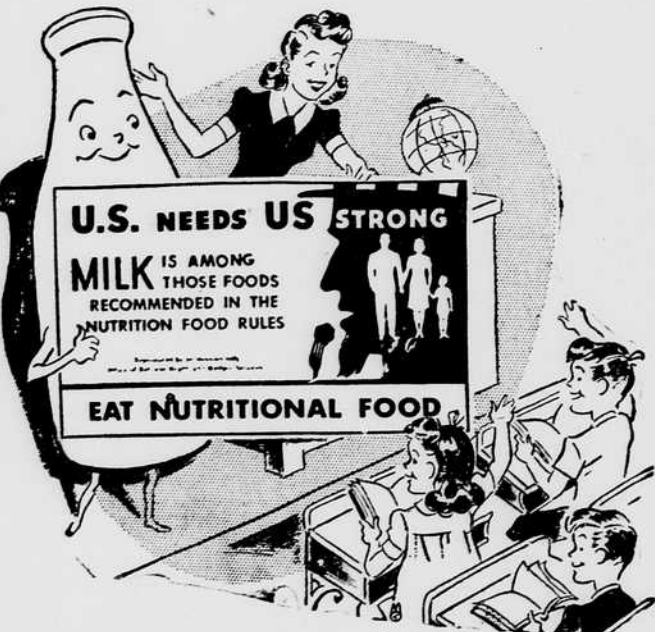
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C. M. Butler Pres. W. A. Fonvielle Sec.-Treas. W. D. Jones Asst. Sec.-Treas. Roger Moore, V-Pres. J. O. Carr, Atty.

## White's PASTEURIZED Grade "A" Milk

Goes Back-To-School To Help the Children & Teachers

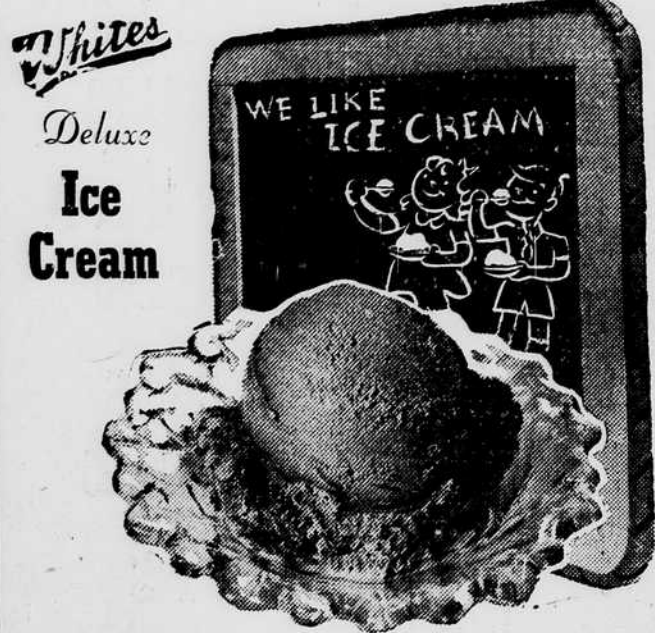


## MILK!

At the Head of the Class!

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Another reason for drinking plenty of White's Pasteurized Milk is the protection it gives the children; first, it is made positively safe and free from dangerous contamination in our modern pasteurization plant; and secondly it is a safeguard against colds and other infections because it fortifies the youngsters with the vitamins they need for health. A Quart A Day Will Make A Child Happier, Brighter, Healthier.



Children particularly enjoy White's Deluxe Ice Cream in the velvety texture, fresh fruits, nuts and other select flavors . . . in cones, Dixie Cups, and convenient confection features. On sale at all White's Dealers Look for the Sign.

BUY WAR BONDS & STAMPS  
White Ice Cream & Milk Co.

**LUNCHBOX PROBLEM**  
Wartime priorities on metals of which back to school lunch boxes have been made need not worry mother if she is unable to locate the new lunchbox for junior. Clever designers, ever conscious of the need for new products, have successfully designed an attractive lunchbox of wood that might also solve dad's problem as well as the school child's problem, if he carries his lunch too.

In Turkish schools, etiquette is now a compulsory course.

## TAUBMAN'S

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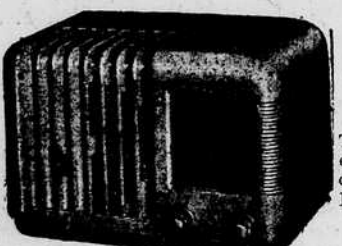
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After a summer spent playing and working for Victory . . . American girls and boys will soon answer "Present!" to the school bell that calls them back to classes. Today as never before, the watchwords of the HOMES that send these boys and girls back to school are Health . . . Happiness . . . Tolerance.

Their morale and a good measure of their success depend on home conditions. You can bolster morale and create interest in their studies by giving them a useful desk for home work and at the same time provide a place for books and other school materials. Many styles to choose from.



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