

What Foods Children Like

By Edna S. Draper, Red Cross Nutritionist

Childhood lasts through life. In other words, impressions made in those early plastic years are ineradicable. Tastes established then, habits formed, remain with us. So that advantage should be taken of this fact to establish food habits in children that will insure health and strength if continued through life.

What the children like depends to a large extent on the mother. If she is wise, they incline towards those things wholesome for body, emotions and mind. That is to say, likes can be cultivated. The baby who begins in his fifth month to take orange juice is establishing a taste for fruit; the baby who eats cereal jelly at six months will like cereals; the baby who takes pressed vegetables at eight months acquires the vegetable habit.

Because of the protein and mineral elements it contains, egg yolk should be continued in the diet of the toddler. When he has passed three he can eat the whole egg. Let his only liquids be milk and water. Children's food and adult's food are totally different. Tea, coffee, and highly seasoned foods like pickles, spice cakes, candy, destroy taste for that wholesome food the body needs to build strength. Once make this seem insipid to the palate, it will take a long time to eradicate dislikes engendered by thoughtlessness. Malnutrition will inevitably follow if children eat the things that prevent them acquiring a taste for the foods the body must have.

Malnutrition is nowhere a greater handicap than among children. This is the period of growth which alone uses up the eighth of the food eaten. About another fifth goes in digestive and bodily processes. Added to this as it is the time of greatest activity, children require many calories to offset what they use up in energy. Otherwise their bodily structure cannot keep pace with the demands made on it. Observations have indicated that those children lacking energy, easily fatigued physically and mentally, inattentive at school with poor memories slow of comprehension and sometimes unusually restless; are not always dull and stupid but often times are undernourished. Those in the best physical condition are usually the most alert mentally. Parents retard their children by not feeding them properly.

Most people associate malnutrition with poverty. That is not necessarily true. Examinations have shown that children from well-to-do homes suffer as much from malnutrition as those from poorer homes. It is because they are not fed the right foods in the right amounts to build up their tissues; to give them the mineral elements their organs need, to supply the roughage for regulation, to insure the vitamins for tone and vigor and to furnish energy. Milk, green vegetables, fresh fruit, whole grain products and water are necessities if children are to develop to the utmost physically. And the body affects the mind and emotions as has been shown. A quart of milk a day including that used in soup and puddings is the ideal. Whole grain cereals mornings and evenings for the two year old and mornings for the child between three and four. Supplement the orange juice of babyhood with prune juice or pulp. Strained pineapple or fresh peach juice and cooked apple juice

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BEWARE OF IMITATIONS

or pulp. For vegetables, spinach, carrots, string beans and green peas are excellent and later cabbage, celery and other green vegetables. Nor should the potato be forgotten when it had been baked or boiled in its jacket—mash and moisten with cream or butter.

If there are certain foods a child doesn't like because the taste has not been cultivated when he was small, the habit of liking can be acquired. Find out the reason for the dislike. Perhaps once he was given something too hot and it pained him. The pain is associated with that particular food, not with the fact that it was overheated, hence his dislike. A mother will always find ways to offset dislikes and turn them into likes. One little girl wouldn't drink milk. Instead of forcing her to take it the mother placed the milk regularly for the other children. It was as much as a matter of course that she would take none. After two or three days she began to look wistfully at the others drinking it. Not a word was said. In another few days she was asked if she wanted to try it. She nodded. After that little lesson, she now drinks milk with her brothers and sisters and likes it.

Ingenuity will turn dislikes into likes when force will never succeed. Patience is worth while for tastes established in children will last through life. It may mean all the difference between a poor physique or a good one in childhood as in later years.

PEYTON McSWAIN ANNOUNCES FOR ATTORNEY GENERAL

Shelby, Oct. 4.—Peyton McSwain, State Senator from the 27th district, prominent Shelby attorney, and World War Veteran, last night definitely announced his candidacy for the Democratic nomination for Attorney General of North Carolina.

Capt. McSwain, one of the best known barristers in Piedmont and Western North Carolina and for a number of years a legislative leader, has for some time been considered as a prospective candidate and has heretofore intimated that he might run, but no definite announcement was made until last night.

Friends in the last General Assembly, realizing his qualities began talking him for Attorney General. Since that time he has received much encouragement from members of his profession, political leaders, and others to get in the race. Politically speaking, he is considered one of the best prospects offered for an important State office by the North Carolina veterans.

"I knew I had a number of friends in every section of the State," Senator McSwain said in announcing, "but did not realize that I had as many as have written or communicated with me since the papers first stated I might be a candidate. I have been assured of support from leaders in practically every county of the state, for which generous offers of support I shall always be grateful whether I am successful in this contest or not. If nominated and elected, as I hope to be, it will be my ambition to represent the state in this important office and likewise the interests of all the people to the best of my ability."

Peyton McSwain was born on a Cleveland County farm. After his preliminary education in the public schools and at Piedmont High School at Lawndale, he entered the University of North Carolina for his academic and legal training, graduating in 1916. That same year he opened an office in Shelby for the practice of law. In September 1917 he enlisted in the Army as a Private, serving overseas with the 322nd Infantry, 81st Division. Returning home in August 1919 he again picked up his law practice and soon established himself as one of the leading members of the bar in this section of the State.

He has been active in politics and the interests of the Democratic Party since early manhood. An able campaign speaker he likely has seen more campaign service than any man his age in the State. He has served his county and district in both the Legislature and State Senate. He has managed numerous campaigns for others, and in 1928 was Presidential Elector.

In 1923 McSwain was commissioned as Captain of the North Carolina National Guard, and since that time has been the Commanding Officer of Company "K" 120th Infantry. In 1925 he was appointed by Governor McLean as a member of his Personal Staff. He is married, a member of the First Presbyterian Church of Shelby, and a teacher of the Men's Bible Class. He is also active in civic and fraternal organizations, being a Mason, Shriner, Past Councilor in the Junior Order, Post Commander and former District Commander of the American Legion.

McSwain's political connections are strong, especially among the younger element of the Democratic Party. As a member of the State Senate and a loyal Democrat he can be counted upon to defend the record of the recent General Assembly, which may mean that he will have the support of the older heads in the Party.

In early times beach sand was melted to make glass.

Sunday School Lesson

International Sunday School Lesson For October 18

PAUL IN THESSALONICA

Acts 17:1, 5-11; I Thes. 2:7-12

Rev. Samuel D. Price, D. D.

Paul and Silas were escorted to the boundary of Philippi by the very magistrates who sentenced them. That part of the country was also familiar ground during the recent world war. Thessalonica is the modern Salonica. The usual approach was made through the Jewish synagogue. Soon, jealousy arose because the success of the evangelists meant giving up of many of the ancient national traditions and customs. A group of roughnecks was stirred up to attack Paul and they sought him in the house of Jason. Fortunately the soul winners were elsewhere, and poor Jason had to bear the brunt of the attack. Meanwhile high praise was paid to the work of the gospel in the charge that was made: "These that have turned the world upside down have come hither also."

Since the messengers could no longer be heard in Thessalonica they were sent forward to Berea, where the same method was pursued. These people showed just plain common sense when they took the words of Paul and sought out confirming references in their Scripture rolls, our Old Testament. Therein they found the prophecies concerning the Messiah and beheld their complete fulfillment in the life and works of Jesus Christ. We do not need to believe everything we are told, but many a great truth is lost because we refuse to give attention to the supporting evidence. The result was that many believed and among the number we find a group of Greek women of distinction.

In passing, attention should be given to the various letters 'that Paul wrote to the churches that he established en route. Two epistles were sent to the church at Thessalonica after Paul reached Corinth. The Golden Text is a good verse to commit to memory: "Open thou mine eyes, that I may behold wondrous things out of thy law." Ps. 119:18.

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Thursday, October 8

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