

Teaching Proper Feeding Habits

Finding the right answer to this question can save mothers endless trouble and annoyance. Proper feeding habits should be established at an early age and guided carefully and patiently as the child passes through various stages of his growth.

During the first few weeks of life, your baby will rapidly adapt himself to a regular routine of feeding. Breast-fed babies associate feeding with all the love and warmth of their mother's arms but they must learn to accept the bottle so that when weaning is started there will be no problem. So, no matter at what age the first bottle feeding is offered, this same intimate mother-baby relationship should be fostered by cuddling the baby close in the cradle of the mother's arms.

Teach your child to accept a spoon at one month so there'll be no bugbear facing you when solid foods are introduced into the diet at three to four months. This can be done by offering fish liver oil and a citrus fruit juice by spoon. When you start solid foods, usually in the form of cooked cereal or pureed fruits (like apple sauce) maintain interest by offering foods differing in taste, smell, color, etc. When his teeth come, give foods requiring biting and chewing gradually replacing the sieved and pureed foods with chopped foods.

Since his first year of life represents a period of rapid growth, his food demands are great and

his appetite is usually keen. During the second year, growth is slower and food requirement not so great. Further, the year-old infant is becoming choosy and developing definite likes and dislikes in food. Trouble may be looming for the unwary mother!

Never Force A Child To Eat

To insist upon a child eating something he obviously dislikes is a sure way of provoking an obstinate feeding problem. To feed such a child forcibly is inviting trouble. Children, like adults, don't always want the same amount of food every day. Nor do they like being served the same food, prepared the same way, day in and day out. If your child spurns beans and carrots, substitute peas, greens, squash and beets, offering every now and then small portions of the beans or carrots along with them. And there are many ways of serving those carrots: shredded, cut in ribbons, diced or offered whole; they may be boiled, steamed or in a thin milk sauce. A sprinkle of salt could mean the difference between smiles and pouts. Milk refused from the cup may be acceptable in the form of cream soups or milk puddings.

As your child's interest in things about him increases so does his interest in food become more critical. Attractive dishes and cups always help a meal. Variety in foods and in their preparation, stimulates appetite.

So if your child doesn't finish his milk or refuses some portion of the solid foods on his plate, avoid playing the role of the over-zealous, ardent parent who runs the gamut from pleas and bribes to threats and force. Such a child quickly learns that to refuse food makes him the centre of attraction, the star actor in a melodrama of frayed nerves. He'll seek many, many repeat performances! (From a publication issued by the department of National Health and Welfare.)

It's a flavour THRILL!



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Alice Brooks Designs



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WHEN your baby's head feels hot it may be because of simple fever common to some minor baby ailments. If so, Baby's Own Tablets will help reduce this simple fever by clearing harmful wastes out of the system. If baby's fever is not promptly relieved consult your physician.

One Midland Ontario Mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night-time she was up and around again. Baby's Own Tablets are sweet-tasting, easy to take — and have been used with confidence by mothers for over 25 years. No 'sleep' stuff — no dulling effect. Equally good for restlessness and peevishness resulting from irregularity at weaning time, for constipation, digestive upsets and other minor infant troubles. Get a package today at your druggist."

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ELLEN'S DIARY

By An Island Farmer's Wife

"But just the other week," the Mainman related, "though neither of them recognized the other at the time didn't the two — 'the wife' and that girl — happen to be in a store in town together. Someone else chanced to call Maisie by name and after she went out, the other lady made inquiries that in no time brought a letter to our house. It was an invitation to visit her... so last Sunday we went — down country she lives, a nice few miles from here. How our woman enjoyed meeting her again! There was no lack of conversation after a lapse of, to be exact, fifty-four years. And how kind the two were — she and her husband!"

"And the boy-friend?" we asked.

"What of him?"

"He's some now-passed away."

"And did he ever marry?"

"Well, there now, Ellen, that's something... I reckon Maisie would know. But isn't it strange now, how items piece themselves together into a pattern as though it was all meant to be?" he remarked. He gathered up the slack of the reins and settled back beneath the intriguing shelter of the buggy-top and was off in the mist on his round.

The plowing "They're whittling it down!" James says. He has just come in from watching the course of the tractor's lights on a far field at "the other farm" where into the moonlight the work continues. "The tractor-plows soon as it can," he comments, repairing now to the comfort of an old armchair of this place.

The children wearied with their day are in bed; the kitchen is quiet, James into a silence. What scenes we wonder are in his mind? Is he back to the young years, stepping smartly behind a favorite walking-plow, drawn by a remembered team?

Or is he again with high hopes taking down from a farm-wagon of old that prized purchase that was the new gang-plow... the two-shared machine which was to make magic of the work? Or later, with the silver of the years commencing to set another shade in the brown of his hair, does he look again not without a measure of pride, upon the sight of two sons, two teams and two "gangs" ribbing smartly our fields of the fall?

But more likely, we suspect he has returned to that day which we have heard him tell the children when with an old-time plow "and I so small a lad I could scarcely steady the handles" he learned in the long ago to turn his first and hard-won furrows.

It is — for we too out of doors have watched the busy lights on a hillside — a night of rare loveliness, enchantingly moonlit, mild, with wraths of silvery fog-drift along the windings of the millstream. The day too, we remember was a gift of seasons sunny and lovely without sign of November's sad damp. Little the lads shed their jackets and we heard farmers' whistles as they worked. "Nevertheless," James warned his hearers, "let's not be taken in by weather like this! Tomorrow may bring a wind from the Arctic — you just can't trust the days now." But tonight is so lovely our heart roams the farmland.

— Until tomorrow — — — Diary
— — — Good-night — — —

The Stars Say --

By Genevieve Kemble

For Tomorrow

YESTERDAY'S friendly vibrations continue, but new influences stress the need of added recreational activities. Try, temporarily, at least, to ignore the pressures and responsibilities attendant upon business or household matters and spend some time with congenial companies or in pursuits which are relaxing, both physically and mentally.

It faced with the necessity of making a decision, it would be better, during the period, to rely upon your own judgment than to depend upon outside opinions. The evening hours favor courtship and romance.

For the Birthday

If tomorrow is your birthday, the year ahead promises much in the way of progress and achievement. If, in the past, you have lacked self-

Cook's Corner

FROSTED FRUIT CHEWS

1 cup sugar
2 eggs (beaten)
1/2 cup flour
1 teaspoon baking powder
1/4 teaspoon salt
1 cup nuts
1 cup dates
1 teaspoon vanilla
Bake in slow oven 225 degrees for 20 minutes.
Frosting: 1/2 cup butter, 2 cups icing sugar, 1 unbeaten egg.
—Brackley Point W. I.

Morning Smile

Prof.: "Well, is the theory clear to you now?"

Student: "Yes, just as though it had been translated into Hindustani by Gertrude Stein and read to me by a tobacco auctioneer."

Better English

By D. G. Williams

1. What is wrong with this sentence? "The ship's speed exceeded ten knots an hour."

2. What is the correct pronunciation of "Buddha"?

3. Which one of these words is misspelled? Nourishable, chargeable, remediable, judgment.

4. What does the word "grandiloquence" mean?

5. What is a word beginning with obn that means "offensive"?

Household Scrapbook

By Roberta Lee

White Stains on Furniture

Take three cloths, dip one in kerosene oil and rub the spot well. Then quickly take another cloth dipped in alcohol and rub quickly. Too much alcohol will destroy the varnish. Then moisten the third cloth with furniture polish and rub thoroughly.

How Can I...?

By Anne Ashby

Q. How can I remove paper that has stuck to furniture?

A. By dipping a piece of flannel cloth into warm water and saturating the paper by rubbing with the cloth. The paper will roll readily off the polished surface. Then dry the table thoroughly and polish with any good furniture polish.

Q. How can I prevent sagging sweater pockets?

A. If the sweater pockets are lined with satin, they will not stretch, and sharp objects cannot poke through.

Q. How can I make a good dressing for salads?

A. Roquefort cheese dressing is delicious when used in salads. To make it add one tablespoonful of crumbled Roquefort to regular French dressing.

That Body Of Yours

By James W. Burton, M.D.

FUNCTIONAL DISORDERS VERSUS ORGANIC DISORDERS

If an individual is nervous, tired, weak, cannot sleep, is dizzy, you and I would agree that at least he is not well, yet when no cause can be found for these symptoms, it is a functional, not an organic, disorder.

These functional disorders are caused by mental or emotional conflicts in the individual which so disturb the organs of the body that real symptoms occur and these symptoms show that these disturbances are present and real though no changes occur in the organs as would be the case if real or organic disorders were present.

If an individual has symptoms as mentioned above (tiredness, rapid heartbeat, breathlessness, sleeplessness), he considers himself sick and really is sick.

General practitioners have known this fact for years, but today it has taken a new group of physicians (psychiatrists) to bring this fact home to the general public.

In the Journal of the American Medical Association, Drs. Malcolm S. M. Watts and Dwight L. Wilbur, San Francisco, outline the treatment of functional disorders in which they state that while treatment of functional disorders offers a more optimistic outlook than organic diseases and therefore much more can be promised, nevertheless the physician must realize that the conflict in the mind and the emotions of the patient must be found and how it can upset the working processes of the body and thus cause symptoms, must be carefully and patiently explained to the patient.

The conflict may be due to sources outside the body or sources inside the body. Causes outside the body are the commonest sources of conflict. "A properly taken and evaluated medical history will permit detection of functional as well as organic disease and also will elicit more or less specific information concerning the immediate stress situation."

This careful examination enables the physician to be sure no organic disease is present, and gives assurance to the patient that his symptoms are taken seriously by the physician. During this examination, important hints of emotional strain or tension may be noted—facial expression, increased pulse rate, tremor—may indicate undue concern with parts examined such as heart, genital organs, lungs.

The examination may remove anxiety. The physician does not say, "There's nothing wrong with you; it is all your nerves." As he makes the examination, he can reassure the patient about all the organs, including the organs causing anxiety.

Modern Etiquette

By Roberta Lee

Q. When writing a note to decline an invitation, should one make it formal?

A. This depends upon the nature of the invitation. If it is written formally, that is, in the third person, then your reply must be written in the formal style. If the invitation is written informally, then you reply in the same vein.

Q. When men are being introduced across a table to one another, should they make any attempt to shake hands?

A. No; this would prove very awkward. A courteous "How do you do" and a smile are all necessary.

Q. What is the proper way to quarter an apple at the dinner table?

A. The proper way is to quarter the apple, and then, using the fingers, eat each quarter.

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confidence, try to remedy the situation now. You should see for yourself that you have no cause for pessimism now. So take courage and go ahead with the plans and projects you've had in mind for so long. The stars are with you!

"One of your faults is a tendency to vacillate. This squanders force and energy which, properly directed, could lead you to the attainment of any goal you desire. So concentrate on your objective — and keep going. The early part of the year is most propitious for dealing with commercial enterprises, carrying out long-standing affairs and benefiting through the friendship of elders. Do make the most of it!"

A child born on this day will be endowed with great tact and diplomacy and with unusual intuitive qualities.

Born To Rule?

Wife Insists Marriage Is A Partnership But Her Husband Wants To Be Boss

DEAR MISS DIX: My husband has always felt that a man should be complete boss, while I think marriage should be an equal partnership. Perhaps I'm prejudiced because of early training. My father was the undisputed head of the household, and though we respected him, no one loved him. We had to beg for every cent we got, and often went without necessary clothing because we couldn't bear the scenes that followed a request for money.

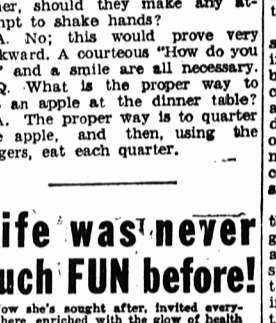
My husband has the same money complex. He's kind and considerate in most ways, but believes I should ask for every cent spent on the house or on my self. Then I'm supposed to be profusely grateful for a pair of hose. I'm worried about our future, since I know I can never be the soft creature my mother was.

MAN AND HIS IMPORTANCE

ANSWER: Marriage should, of course, be an equal partnership with no squabbles over who's boss. But the unalterable fact remains that a man does like to feel his importance, and if some measure of extra consideration isn't forthcoming, he's likely to grab at the first means of asserting it. This is usually a tight hold on the family purse strings, and a more incurable problem you couldn't have. You might try listing your jobs in the house—cook, laundress, nurse, secretary, etc.—and ask for at least a minimum pay for each. Every woman should be

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