

DEERFIELD P. T. A. HOLDS MEETING

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some splendid work done in your school. The untiring health training from the teachers for several years, the work of the school nurse last year, supplemented by your own health teaching show their results.

There are few dirty teeth. The majority of the children use their tooth brushes. In the upper grade nearly all the children have been or are going to the dentist. Here and there are exceptions. There will always be careless indifferent boys and girls, careless and indifferent parents.

There are still many bad tonsils, especially in the lower grades and temporary teeth with gum boils and slight abscesses which a dentist should see. There are six year molars with large cavities. Many mothers think the sixth tooth on either side of the jaw is a temporary tooth and a new one comes in its place. It is the first permanent tooth and once it decays no other comes to replace it.

Should you receive a note that John has had a physical inspection that day and you are requested to see your family physician or perhaps a dentist, about some physical defect, do not get angry at the school and at the nurse but co-operate. Take him and find out if anything can or should be done. I am interested in the health and well being of every child and will not exclude any child unless absolutely necessary.

In regard to common colds, you may help by keeping your child at home in the first stages, when he is sneezing and has a running nose and especially a sore throat. He will recover more quickly, he will not give it to others and he will not be so apt to take a contagious disease should there be contagion around.

A child who is constantly coughing has no place in the school room. I cannot see every child every day. I am not here every day and it would take too much valuable time from the teaching period. I must depend on the teacher sending a child to me, who is not well. He need not stay home the entire period of a cold or cough but use your judgment and send him back when reasonably well.

Again the mothers may help by establishing good health habits. This is always your aim but unfortunately the mother who should hear this are not present.

Speaking to the mothers of the P. T. A. meeting reminds me of a church congregation in the west and a remark a friend of mine made, "It seems utterly useless for Rev. B. to preach to that congregation. They are so good if they would die tomorrow, they would go straight to heaven, the people he should reach and to whom he is preaching never hear him." The careless, indifferent mothers are not here. Although there are busy mothers who want to come but who cannot.

The Bowman milk man left a few copies of Dr. Bundeson's book, "The Growing Child, His Needs and Care." It is one of the best books for teaching health habits I have run across, simple to understand and to carry out but brings results.

A few habits I would encourage: Plenty of rest and sleep. An over

tired child is cross, fussy, unmanageable and will not sleep when put to bed. Such a child should have a rest period daily. Not necessarily to sleep but to play quietly away from other children, to color or to cut out pictures. Establish a regular time for going to bed especially during the school year.

Wash their hands before meals. The children cannot always be clean in the school room if they have been playing out of doors but they can be clean when they come in the mornings and before meals.

Exercise their teeth. Chew the crusts of bread, rye bread, whole wheat bread, hard toast, tough pieces of beef steak, raw carrots, apples, celery. You can save a tooth from decay almost as much by exercise as by cleanliness.

Something warm for breakfast. Not necessarily a cereal if they dislike it—though a hot cereal as often as possible. Sometimes milk toast, French toast, cocoa with buttered toast and a prepared cereal or an egg, makes a change.

Train your child in correct health habits and then forget their health. Do not worry over what they might get. Time enough to care for them when it comes and they might go through school without having any disease. Keep their minds off sickness and how they feel. Keep them content and a contented happy atmosphere at home. It aids yours and your family's health.

We have in Deerfield some social problems. One visit in a home reveals a whole net work of wrong conditions, indifference, mismanagement, ignorance. There are broken homes. These are the things that make the problems for the school nurse and the teachers.

There are children who evade the truth. They know conditions are not right at home and they want me to think they are. You cannot blame them. There are girls who will grow up and be bad girls, boys who will be petty thieves unless some influence is brought to bear upon them to teach them right living. Our school is no different than others but what can we do to help?

Our principal is doing his bit, with football teams, healthy recreation, teaching fair play, and a good movie on Friday evenings.

I would urge a slogan—"Every child in Sunday school every boy a Boy Scout."—where they do a good turn daily, learn to love God, to be honest, to be truthful. I care not what Sunday school, Evangelical, Episcopalian, Catholic, Christian Science, Methodist, Lutheran, Presbyterian, just so they are getting fundamental training to teach them to live right.

Judge Lindsay said he had never had a boy or girl pass through the Juvenile court who attended Sunday school regularly.

I remember one of our principals in Seattle in one of the foreign districts where many of the children scarcely knew the understanding of truth. She said, "Our teaching is in vain unless we train good citizens, otherwise we educate a crook." She was a devout Catholic. I can see her yet when a child was caught in a lie teaching them that God was with them always and knew all the things they did. He could see and know when they were doing right or wrong.

If the mothers have any spare

time, help in the Sunday schools. Help to train the boys and girls to make good citizens. There is no time to be lonesome, there is work to be done.

You may think it strange that this should come in a health talk but it has its effect on the child's health, his progress in school and his well being.

Last but not least is something I think you can do and I wish you success in accomplishing it, is to persuade the city fathers to mark our streets and number our homes. It would aid materially in looking up children.

"The home and the school must ever keep in mind the well rounded life. Everyone has a right to achieve excellence and happiness. Let the emphasis be on unity and harmony of life; on living rather than mere existence. It is difficult to achieve success without health. Without faithful citizenship, honesty, honor, regard for the rights of others lose the esteem in which they are held. Unwise use of leisure time is a waste of life. In all of the fields of the seven point life, ethical character appears as the crowning achievement."

The last paragraph taken from "The Parents' Magazine."

At the business session, the association decided to entertain the school children at a Hallowe'en party and Mrs. L. Ashman was appointed chairman of arrangements.

Mrs. Alvin Knaak and Miss Margaret Hunt received the membership prize awards and Miss Hunt also received the attendance prize.

The finance chairman, Mrs. R. L. Johnson, announced that the committee were planning an afternoon card party for the latter part of November. Mrs. Platt, membership chairman, announced that to date there were eighty-six paid members.

The program for the afternoon was opened by two delightful piano selections by Jane Agnew and Jane Todd. Refreshments were served during the social hour and mothers of first grade pupils were hostesses. The association is also planning to serve a hot dish to the school children during the winter and Mrs. A. J. Johnson will be in charge.

PIONEER RESIDENT DIES HERE SUNDAY

(Continued from page 3)

Freberg's death occurred here in April, 1929.

The Children

There are living four children, Mrs. Harry E. Wightman, Glencoe avenue, Highland Park; Mrs. E. T. Skidmore, N. St. John's avenue, Highland Park; Edward Freberg of Waukegan, and Mrs. Axel Larson, 322 N. St. John's avenue, Highland Park, at whose home death occurred. One son Oscar, is dead. There are 17 grandchildren, and no great-grandchildren.

Other near relatives are a sister and a brother of Mrs. Freberg, Mrs. Martha Olander of Highwood and August Benson, who lives on S. Green Bay road, in this city.

Mrs. Freberg was for many years an active member of the Swedish Lutheran church, in Highwood, and took a great interest in its work, especially in that of the Ladies Aid society of the church, of which she

was a prominent and useful member for years.

Had Many Friends

During her long and useful life in the community she gained a host of warm friends who appreciated her fine character and estimable qualities and by all who knew her she was held in highest regard. Her sudden death was therefore a great shock to all, and the relatives have the sincere sympathy of all their friends in their bereavement.

Funeral Wednesday

The funeral service was held at 2 o'clock Wednesday afternoon, at the Swedish Lutheran church, Highwood, and was largely attended by friends and relatives, and the floral tribute was profuse and beautiful, evidencing the esteem in which Mrs. Freberg was held in the community. Burial was in Memorial Park cemetery, at Evanston.

Things To Cook

The recipe given today is for a dessert which is to be served cold and may be prepared in the morning, which is often an advantage. Either fresh or canned peaches may be used and are equally delicious, the only difference being that, when fresh peaches are used, a little sugar is sprinkled over them before placing in the oven.

As a meringue is used on this pudding, I want to say just a word about meringues for puddings, pies and other desserts. The best proportion of sugar for a delicious, firm, puffy meringue is two tablespoons of granulated sugar for each egg white. The egg should first be beaten very stiff, then the sugar added gradually and may either be beaten or folded into the egg.

After placing meringue over the dessert the best results are obtained by baking 15 or 20 minutes in quite a slow oven, and I find a temperature of 300 degrees excellent. If a meringue is browned in a hot oven or under the broiler, it is not baked through and will not be as high or puffy, and may be a little gummy and stick to the knife in cutting. Baked as I have suggested, a knife will cut through it as easily as through a delicate cake.

Peach Pudding

2 cups milk
1 cup small bread cubes
2 eggs separated
3 tablespoons sugar
1/8 teaspoon salt
1/2 teaspoon vanilla

Peaches either fresh or canned.

Scald milk, pour over bread cubes and let stand 10 or 15 minutes. Add sugar, salt and vanilla to beaten yolks and pour onto this the milk and bread mixture. Pour into a greased baking dish and bake at 350 until firm in center, which will require about 45 to 50 minutes.

Remove from oven and reduce temperature to 300. Cover pudding with thick slices of peaches, sprinkling over fresh peaches two or three tablespoons of sugar, but using no sugar with canned peaches.

Over the peaches place a meringue made with the two egg whites, four tablespoons granulated sugar and a few drops of vanilla. This is attractive if put on in peaks. Place in a 300 degree oven for 15 or 20 minutes to brown and bake the meringue. Serve cold.