

## Regular - Balanced Diet Means Healthy Children

Over Fat Children Become Super-Sensitive—While Thin Youngsters are Always Pining—Careful Diet is the Solution in Many Cases



By Marie Anne Best

### Article 9

Sometimes we see among our school children a round-faced good natured school girl or boy who is wrapped in rolls and rolls of fat. Of course his nickname is "Fatty." He tries to appear as though he doesn't mind his name even though each time he is hailed it is a reminder of his avoirdupois. He is generally easy to get along with and no one realizes that self-consciousness, fear and the inferiority complex lurk behind that apparent placidity. True there is one fat boy who cherishes and guards his plumpness for it brings him a good big salary—"Fatty" in our Gang Comedy." No doubt he thinks his fat is worth all the discomfort and ridicule he receives. But "Fatty" will grow determined some day when he outgrows being a boy and decide to reduce just as freckles will seek to remove his complexion hindrance to good looks. However when fat has been one's companion since childhood great care must be taken when reducing for the excessive fat has produced lack of resistance and has impaired vitality.

A little overweight in children need not worry the parent for it shows that they have good digestion. Fat is also an excellent protection for the nerves and it provides storage for heat and energy. Some surplus weight is often advantageous until the body has ceased growing but the markedly overweight child who is the subject of this article is miserable.

Taken in easy stages the child can safely reduce if all the elements of food for health and growth are maintained. Milk and milk products are very essential to the growing child and for the overweight child skimmed milk is to be prepared because the cream removed is only the fat taken out. Of this skim milk at least one pint should be taken daily, especially while the child is reducing, and can be prepared in many ways. If he does not like it for drinking it can be put in puddings, also boiled in with cereals instead of using water. In this way the taste is not detected. Reduce the quantity of potatoes, white bread, butter sauces, lean meats, fish and fowl but it is to be remembered all these things are necessary for growth so do not dispense with them by any means. Fruit and vegetables, especially the vegetables, cooked well and mashed for the very young make the best main diet next to milk.

We often and usually find that the fat child loves candy. Candy between meals encourages over-eating. Children whose parents allow them to eat much candy between meals, to have meals when they like and who are encouraged to overeat the things they fancy, are going to have a hard time sometime. When grown they will not have the same chance as the child who is taught self-control, regular eating habits and wise selection of foods. Give the little chap or girlie his candy for desert for awhile who has had an unlimited supply and teach him self control, with regular eating habits and he will learn to be master of his fate and captain of his stomach. Bad habits are always hard to break, excess hard to control, but the earlier we learn self control the easier it is to do it. After school if a child comes home hungry give him a glass of milk or a slice of bread and butter; cookies, chocolates or candy should not be handed out indiscriminately for it tempts him to eat for the taste alone and destroys his appetite for the regular meals.

Worse still and more serious is the under-nourished child. He is receiv-

ing attention everywhere from physicians, nurses, and others interested in child welfare, in fact in some up-to-date schools milk is served every day to all the children.

In fruits only strained juice should be given at two years, then well stewed fruit can be added, then gradually accustom him to the raw fruits perfectly ripe and fresh with skin and seeds removed.

Vegetables should be cooked and mashed as a rule.

Eggs are very good for children, especially the yolk, but if eggs cannot be given, oatmeal and other whole grains with green vegetables may take their place.

If lots of milk and one egg a day is given a child does not need meat until seven years old. Meat is a stimulant which the child does not need. It is valuable because it requires chewing, but stale bread will answer the same purpose, encouraging mastication.

A Few Rules for the Normal Child Sometimes we will see a bright, healthy looking, happy baby given all kinds of things to eat just as soon as he can put out his baby hands for it, then as time passes the family wonders why Jimmie isn't getting along so well. His tender healthy little stomach has been asked to do too much and his growing body is made up of just what food he eats.

Pattee, the noted dietitian, says a child should have in the second year and on through the growing period one quart of milk each day and never less than one pint. Milk is easy to digest and has all the ingredients necessary for growth. He loves his well cooked cereals and laughs and smacks his lips when he gets his two or three tablespoons of strained fruit juice between meals. So often little children are not given enough water. Milk does not take the place of water.

When bread is given it should not be too fresh, in fact stale bread should be given, for it encourages mastication and a good way to start a child to grow fond of vegetables is to add a little of it mashed in his milk to acquire the taste.

As the child grows, milk should be continued in cream soups, puddings, junket, homemade ice cream, custards, milk toast. Children enjoy cereals for supper as well as for breakfast and to the child who dislikes milk as a drink it can be disguised by cooking the cereals in milk as stated above.

Children 5-6-7 should have three full meals with light lunch of milk and crackers or a slice of bread and butter after school; cookies, chocolates, etc., should not be encouraged for it tempts him to eat for the taste alone and destroys his appetite when meal time arrives.

### Some More Foods and Calories for the Grown Ups

100 Calories Portions  
Syrups and sugar-chocolate ½ square, cocoa 3 tabsps, honey 1 tabsp, maple syrup 2 tabsps, sugar 2 tabsps, br. sugar 2½ tabsps.  
Uncooked vegetables—beans, string, 2 cups, lima 1-6 cup, dried 2 tabsps, cabbage, raw, 1-3 head, celery 2 heads, corn 2 small ears, cucumbers 1 large, lettuce 1½ solid heads, peas, canned, 1 cup, carrots 2 medium, olives 6 or 7, potatoes 1 medium white or sweet, spinach 3½ qts., tomatoes 4.

Beverages—Chocolate ¾ cup, grape juice ½ cup, orange juice 1 cup (clear tea and coffee have no calories value).  
Cereals cooked—Oatmeal and cornmeal each 3 tabsps., cornflakes 1 cup, rice 2 tabsps., shredded wheat 1 biscuit, flapjacks 2½ tabsps.  
Meat substitutes—Creamed dried beef, ½ cup, creamed codfish ½ cup, oyster stew ½ cup, welsh rarebit 3 tabsps., raw oysters 12.  
Next week—Some Comments.

New police regulations in Los Angeles ordain that uniformed officers must keep their hair trimmed, shave once a day, clean and press uniforms once a fortnight, wear black shoes, and keep them polished. Socks must be black, and all buttons, badges, and cap-pieces must be gold-plated.

## President Elect C. W. N. A.



Malcolm MacBeath, of "The Sun," Milverton, Ont., (left) newly elected President of the Canadian Weekly Newspaper Association, photographed in front of the Nova Scotian Hotel at Halifax after his election at the closing session of the annual convention held in the Nova Scotian, August 8, 9, 10, with Hugh Savage, of "The Cowichan Leader," Duncan, B.C., (centre) retiring President and E. Roy Sayles, of "The Renfrew Mercury," Renfrew, Ont., General Manager of the Association.—(Canadian National Railway's Photograph.)

## What New York is Wearing

BY ANNABELLE WORTHINGTON

Illustrated Dressmaking Lesson Furnished With Every Pattern



Its simple smart styling makes this navy blue wool crepe unusually attractive. Pin tucked shoulders and bows add smart trim to the bodice that is shaped to affect a hip yoke.

It's one-piece both front and back from shoulders to skirt flounce. A few seams to join and attach the circular flounce and it's finished.

Style No. 2701 may be had in sizes 8, 10, 12 and 14 years.

Patterned wool jersey, wool challis prints, rayon novelty crepe, lightweight veed and the heavier weight cotton are suitable and smart for school days.

Size 8 requires 2½ yards of 35-inch material with ¼ yard of 39-inch contrasting.

### HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such patterns as you want. Enclose 20c in stamps or coin (coin preferred); wrap

it carefully for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto.

### Wise Counsel

Keep good company or none. Never be idle. If your hands cannot be usefully employed, attend to the cultivation of your mind. Always speak the truth. Make few promises. Live up to your engagements. Keep your own secrets if you have any. When you speak to a person, look him in the face. Good company and good conversation are the very sinews of virtue. Good character is above all things else. Your character cannot be essentially injured except by your own acts. If any one speaks ill of you, let your life be so that none will believe him. Ever live, misfortune excepted, within your income. When you retire to bed, think over what you have been doing during the day. Make no haste to be rich if you would prosper. Small and steady gains give competency with tranquillity of mind. Avoid temptation, through fear that you may not withstand it. Earn money before you spend it. Never run in debt, unless you see a way to get out again. Never borrow if you can possibly avoid it. Do not marry until you are able to support a wife. Never speak ill of anyone.

### Language in Russia

In spite of the rapidly increasing popularity of the English language in educational and industrial circles in the Soviet Union, German is still first choice among students of foreign tongues, according to an item from Moscow printed in the Vossische Zeitung of Berlin. In the year 1928 the Soviet State Publishing Company put out 444,000 textbooks in German, of which 333,892 were used. The number of English text books issued in the same year was 27,000, while textbooks in French totaled 25,000, of which but 9,545 were used.

The shady collector was showing his antiques to a man who knew him pretty well, and he said: "I have serious thoughts of disposing of all these valuable curios. But how much do you think I should get for them?" "I can't quote say," replied the other; "but I should think about three years."

An angler, who had been trying to hook something for the last six hours, was sitting gloomily at his task when a mother and her small son came along. "O!" cried the youngster, "do let me see you catch a fish!" Addressing the angler, the mother said, severely: "Now, don't you catch a fish for him until he says 'Pleaso!'"

## Sunday School Lesson

October 12. Lesson II—Mary, the Mother of Jesus (An Example of Motherhood)—Luke 2: 15-19; John 2: 1-5; 19: 25-27. Golden Text—Mary kept all these things, and pondered them in her heart.—Luke 2: 19.

### ANALYSIS.

I. THE HEART OF A MOTHER, Luke 2: 15-19.  
II. THE CONFIDENCE OF A MOTHER IN A GOOD SON, John 2: 1-5.  
III. THE CARE OF A GOOD SON FOR HIS MOTHER, John 19: 25-27.

INTRODUCTION—Not very much is told us of Mary the "highly favored" (Luke 1: 28), but what is told is good. In the story of the angel's visit she is represented as the simple, modest, pure-minded virgin, obedient to the heavenly vision and the word of God, though not without fear and questioning. It is evident that her kinswoman Elizabeth thought highly of her and received her visit with gladness. In the song of praise which is attributed to her (Luke 2: 46-55) there is also evidence of a mind richly stored with the sacred literature and history of her people. It is true that in the most strenuous and active period of his ministry Jesus became separated from his mother and that they were at times anxious for him. His friends on one occasion are said to have even doubted his sanity (Mark 3: 21, 31), and his mother may have shared their doubts. But there was probably no more in this than the natural wonder and fear with which they must have regarded his words and deeds and the growing excitement and enthusiasm of the people who gathered in multitudes about him. We have reason to believe that in the end he recovered their confidence and that both his mother and his brother were numbered among his disciples.

I. THE HEART OF A MOTHER, Luke 2: 15-19.

The stories told us in the first chapter of the Gospels of Matthew and Luke, regarding the birth and infancy of Jesus, the visit of the wise men, the vision of the shepherds, the scenes in the temple, and the flight to Egypt, reveal to us something of the wonder, the mystery, and the high hopes which gathered about the newborn child. Another story of his early boyhood and first visit to Jerusalem with his parents (Luke 2: 41-51) makes a similar impression. This was no ordinary child—to a true mother what little child ever is? Mary might have been pardoned if she had magnified in memory some of the things which had been said and done regarding him. She "kept all these sayings, pondering them in her heart," vs. 19, 51. What a treasure house the heart of a mother is! Even the commonplace of child life add to her golden store, and each new waking faculty of body or mind has for her a beauty beyond compare.

II. THE CONFIDENCE OF A MOTHER IN A GOOD SON, John 2: 1-5.

The writer of the Gospel saw in the incident related here some expectation or anticipation on the part of his mother of the exercise of Jesus' marvelous powers. It may be, however, that in calling attention to the lack of sufficient wine for the festive occasion she was simply doing what she was accustomed to do at home, relying upon the willingness of her son to help and his resourcefulness in times of need. She was solicitous for the friends of hers, who were celebrating a wedding according to the custom of the time, that they should not be put to shame before their guests, and she appealed to this strong, capable, kind-hearted son with the hope that he might be able to do something.

The answer of Jesus (v. 4) sounds harsh to us in the English translation. It is not necessarily so in the Aramaic language in which it was spoken.

III. THE CARE OF A GOOD SON FOR HIS MOTHER, John 19: 25-27.

It was the last dread scene on Calvary. "Standing by the cross" were four sorrowing women, the mother of Jesus, her sister, who was Salome, mother of John and James the sons of Zebedee; Mary the wife of Clopas who was probably "the other Mary" spoken of in Matthew 27: 56, 61, and 28: 1, and Mary Magdalene. John his beloved disciple and friend was with them and to him Jesus commended the care of his mother. "What the circumstances were we do not know. It must have been that at that time none of her own sons was in a position to assume that responsibility. It was natural, therefore, that his nephew, her sister's son, should care for her. Jesus would, in his last thought for her, place them in the relation of mother and son. In the midst of the long drawn out agony of those hours on

## Cold Gas Well May Prove to be Helium Old Man River is Broken in Spirit

Snyder, Tex.—An analysis of the powerful substance which for several months has been flowing from an 1,800 foot well near here is to be made. It is now believed that this cold gas is pure helium and that it may be of great commercial value. The gas comes from a hole with a pressure of 150 pounds to the square inch. It was piped into a boiler and used to operate well-drilling rigs and for other industrial purposes.

Another interesting feature is that the gas is so cold that it is used to refrigerate fruits and vegetables. It has attracted widespread attention among geologists, but none of them have been able to explain satisfactorily the cause of the high pressure behind the flow. It was generally supposed to be pure air until the helium theory was advanced recently by J. B. Carper, economic geologist.

the cross he had thought for his mother and gave her another son, who took her unto his own home."

Only once again is Mary mentioned in the New Testament, and that is as one of the company gathered in the upper chamber in Jerusalem after the risen Christ had parted from them, where they "with one accord continued steadfastly in prayer," until the great day of Pentecost came. We may imagine her growing old in the home of John the apostle, who best interpreted the teaching of Jesus as a gospel of love, and who, we may well believe, exemplified that teaching in his life. We may think of her as still preserving her rich treasures of memory and often speaking of the words and deeds of her great son to those who had known him in the days of his flesh in Jerusalem and Galilee. We can pay her no higher honor than to remember her as a good mother, chosen of God to give a mother's care to Jesus our Saviour and Lord.

### Insects' "Death Chair"

An "electric chair" for mosquitos and other insects and pests was recently devised at a tree research laboratory. The "chair" is a large square with two sides made of extremely fine wire. A current is passed through these sides, killing all insects alighting thereon. A weak current is used, running from an electric bulb socket through a transformer into the wire gauze. During the day, bait is used to attract the insects; at night, a light is placed inside the "chair."



"Girls may love nice, old things, but they wear nice, new ones."

A man who was missing things from his premises every morning gave his servant, Pat, a sovereign, and told him to go to town and buy a good yard dog. Pat came home that night dragging a mangy-looking dog after him. "What kind of a dog is that?" roared his master. "Begorra," replied Pat, "he's the nearest to a yard dog I could get. He's two feet, eleven inches."

They had been married a month, and he had left her for a few minutes while she prepared a salad in the kitchen. Suddenly a piercing scream rang out, and he rushed to the kitchen, prepared to face he knew not what. "Whatever is the matter, darling?" he asked. "It's a caterpillar!" she said, with an effort. "Oh, Herbert, what if I had been in the house alone!"

## Mutt's Rather Fussy About Music.

## MUTT AND JEFF— By BUD FISHER



## No Longer a Giant, the Mississippi Retreats Before Gulf Waters

New Orleans.—The mighty Father of Waters, broad and coffee-colored in its lower reaches, is showing the effects of the drought which swept the U.S. during the Summer. Starting as a tiny stream beyond Lake Itasca in the north, the Mississippi is usually a turbulent half-mile width of treacherous currents by the time it passes New Orleans. Just now, however, it is at the lowest stage in the memory of most of the residents of the Delta.

Ordinarily the Mississippi rushes out into the Gulf of Mexico, some hundred miles below New Orleans, and continues to spread its opaque, tan waters for some little distance beyond the bar before the green sea water cuts across it abruptly. But so disrupted is the river at present that it has retreated before the onslaught of the Gulf water until the sea presents a vivid green at the very docks of New Orleans. Inhabitants stand on the levees and marvel at the spectacle.

There are tales that salt-water fish have been caught right at the foot of Canal Street, and that porpoises, considered an omen of good luck when they disport themselves around the bows of outgoing steamers as they reach the mouth of the river, are now playing about boats just leaving the wharves on their journey to the Gulf.

Be that as it may, the Mississippi in its new guise is the general topic of conversation in the Crescent City, which is accustomed to the vast river raging by in flood every Spring, seeping through the levees with only sandbags between it and the streets below.

## Snow Leopard Rate Higher Than Lion

While Indian Rhinoceros Inmate of Bronx Zoo is Worth \$8,000

The marketing of dangerous and rare animals, delivered alive and in good health to zoos and circuses in different countries, is a regular business, subject to the law of supply and demand.

The largest dealer in wild beasts is a German firm which maintains a farm for animals at Nashua, N.H. Two other large dealers are located in London. Agents of these companies make their catches in Africa and Asia, take the captive animals to Europe and then seek a buyer. It is seldom that special orders are placed for kings of the jungle; when needed they are bid for in the open market. Occasionally, however, a zoo will give a standing order for certain rare species difficult to capture alive and bring back to civilization.

The prices of animals are based on their rarity, difficulty of capture and the expense of care and transportation. Lions breed easily in captivity, according to Dr. W. Reid Blair of the Bronx Zoo, and are therefore not so expensive as some other beasts. Large specimens were sold for about \$700 at Hamburg recently. One of the most expensive animals in the Bronx Zoo is an Indian rhinoceros, which cost \$3,000. A pair of giraffes there cost \$15,000, the price having risen during the World War because the countries which produced them were in the zone of conflict.

An adult Indian elephant in the Bronx Zoo cost about \$3,000; a 22-foot python, \$300; a bluebird of paradise, \$1,100; a hippopotamus, \$3,000; zebras, from \$1,000 to \$2,000, and a gorilla, \$4,000. Such animals as the muskrat, found only in the far Arctic regions, and the snow leopard, found on the heights of the Himalayas, are expensive because of their scarcity and the difficulty in bringing them safely to civilization.

"My husband is away so much of the time I want a parrot for company. Does this one use rough language?" "Lady, with this bird in the house you'd never miss your husband."

A newly-promoted officer gave a dinner to his company. Addressing the men, he said jovially: "Now fall upon the food without pity. Treat it as if it were the enemy." At the end of the dinner he observed a sergeant sneaking away with two bottles of wine. "What are you doing?" he asked. "Obeying orders," was the reply. "When you don't kill the enemy you take his prisoner."

Dibbs was in earnest conversation with his neighbor. "Do you really believe that there is something which can tell whether a man is lying or not?" he asked. "Know it for certain, old man," returned his neighbor, a shade nervously. "That's interesting," Dibbs continued. "You have seen one of the instruments?" "Seen one," murmured the other hollowly. "I married one!"

"Give me a start!" begged the auctioneer. "I have here a genuine Queen Anne sideboard, the only piece of its kind known to the world. Give me a start!" "Fourpence!" said someone obligingly. The auctioneer nearly fell from the rostrum. "I asked for a start," he said contemptuously. "Well, you got it, didn't you?"