

LITTLE TOTS' FOOD—CYNTHIA'S ANSWERS—WOMAN'S EXCHANGE—TIME TO START SHOPPING

MRS. WILSON SUGGESTS DIET FOR CHILD OF TWO TO FOUR

Foods Must Be Rich in Bone, Tooth and Body Building Materials for Little Boys and Girls

By MRS. M. A. WILSON. FEEDING the small child from two to four years of age, the mother should keep in mind that the child is now cutting his first teeth, and unless the foods are rich in bone and tooth and body-building materials the structure, strength and enamel of the teeth will be of such a character that decay starts very early. And the child finally loses these teeth long before the proper time for the second and permanent teeth to make their appearance.

Among the materials needed are lime and mineral salts, such as are found abundantly in good milk, eggs, whole-wheat bread and bran, and butter, particularly oranges, apples and prunes. This is the time for the mother to teach the child the life-forming habits for health and strength by eating plenty of good, wholesome, plain foods. The old English idea of preparing the children's meals in advance of the day has much to commend itself to the wise mother. It is this method that makes it possible for the mother not only to plan the correct diet for her child, but also to make the diet a corrective one.

THE WOMAN'S EXCHANGE

Washing Baby Clothes. Dear Madam—Have been working for some time on very fine nainsook and flannel baby garments which have become rather soiled in the making. I do not want to lose them and would be very grateful if you could tell me something I could sponge them off with after pressing to make them look quite fresh again. Also could you tell me something I could clean beaded Indian moccasins with?

Correct Weight for Girl. Dear Madam—What is the average weight of a girl 18 years old who is five feet nine inches tall? A. A. The correct weight for a girl of your height is 150 pounds.

To Clean Suede Gloves. Dear Madam—How can gray suede gloves be cleaned? J. R. Clean the gloves by rubbing them with French chalk or magnesia. Take out grease spots or stains with a paste made of the powder and chloroform.

Games for Party. Dear Madam—I am having a party in honor of my sixteenth birthday, and would be pleased if you would send me four or five real lively games. I expect about thirty guests between the ages of sixteen and twenty. Please suggest a form of writing invitations so that each invited guest will reply.

The games are too long to be printed in the column, but if you will send me a self-addressed stamped envelope I will be glad to send you a list of good games for your party. Write a regular formal invitation, and in the lower left-hand corner write the letters "R. S. V. P." the initials of the French phrase, "Répondez il vous s'il vous plait" to which

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Unless the vitamins are present in sufficient quantities in our daily food supply the body is stunted and does not grow or increase in height. Each child under six years of age should have one quart of the best-grade milk for drinking purposes, independent of all other amounts used in the preparation of his diet. Bread made from whole wheat should be given the children three times each day, not just occasionally, but each and every day, spread with good creamery butter. Where rigid economy is necessary, make a choice of apples or prunes, baked, stewed or raw; a well-cooked cereal, milk, whole-wheat bread and butter. Discard the expensive meats and sweets. Cereals must be the natural, well-cooked grains, rather than the ready-to-eat ornamental prepared food. Barley, corn, natural rice, whole wheat and oatmeal should be served for variety.

How to Cook Cereal for Small Child

Use a double boiler that is kept for this purpose alone. Fill the bottom compartment with boiling water, then place one cup of boiling water in the top compartment and add four level tablespoons of the cereal desired. Stir to prevent lumping, then cover and cook slowly for four and a half hours, or overnight in the fireless cooker. Cereals cooked in this manner will not cause digestive disturbances and will have the most palatable flavor of well-cooked cereals that the growing child needs.

Yesterday's Answers

- 1. Paint can be removed from a mirror or washpan with turpentine or washing soda and warm water. 2. An attractive shirtwaist trimming that is again in style is the one-sided ruffle down the front. 3. When a page is included in the bridal party he should walk just ahead of the bride in the procession in the church, unless he is to carry her train. If there is a flower girl he walks with her. 4. A volant is a ruffle. 5. A pretty ornament for the beaver or velour hat with the crushed or pompadour crown is a large ball of silver that looks as if it had been made of silver paper. 6. An attractive Christmas gift that can be made at home is a pair of candle shades crocheted in a loose stitch with gold thread and lined with silk in a contrasting shade.

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A Daily Fashion Talk by Florence Rose THE woman of my acquaintance who is hit hardest by the increased price of everything in general and clothes in particular is a college professor's wife. His salary hasn't been increased one cent during the last ten years, although he has been promoted in rank and has assumed added responsibilities. And his wife has to go to teas and dinners and play the social act generally. She spends rather less now on her clothes than she did because they have to pay more for house rent and eggs have gone up, and so has milk and butter, etc., etc., and so on.

Are you puzzling about a gift for your friend's baby, or for your own small child, for that matter? I know something nice and not exorbitantly priced—a bibber. The chain which goes to tell you of selling which can be purchased for twenty cents a yard. You can get it in black, gray or brown. Some of it has figured borders, others are plain. His name—you would never guess it—is Muzzled Muggins. And he costs \$3.50.

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Please Tell Me What to Do

By CYNTHIA

Let Us Hope She Sees It, Dan. Dear Cynthia—True I have neglected your column rather shamefully, but I have been moved time and again so I didn't have the opportunity for an earlier message. I do not know how the topics have been running lately. This being the case, I will let loose some of my pent-up feelings that have been accumulating during the last week. In view of my former attempts at poetry, we shall call this spasm in blank verse a change from the ridiculous to the sublime and shall entitle it TO HER WHO HAS FORGOTTEN

O fair maiden—I pray to the gods Least they, in their anger, chastise thee For thou hast committed the unpardonable sin.

Surely thou dost remember ere we parted The solemn vow committed in the silence of that autumn moon. We sealed our bond with a heavenly kiss— And thou hast committed the unpardonable sin.

Our sacred vow, to be true to each other, Thou hast tampered on and ground beneath thy heel. That beautiful vow I held to be everlasting— When thou wanderedst forth into the unpardonable sin.

O that sin—that sin of forgetting To write that daily missive of cheer to him who waits. For that is the unpardonable sin.

Well, Cynthia, I will let you hear from me again. With best regards to the Live Wires and all snappy organizations. DAN B.

Is 13 Years' Difference Too Much? Dear Cynthia—I am a man thirty-five years of age and have been going with a young lady, twenty-two years of age, for about one year. Both of us are in a very bad plight indeed; the girl's parents have erected a concrete bulwark against our marriage, the contention being that I am entirely too old for their daughter.

Now this girl loves me dearly and had even more courage to express this love than I had. It is a funny situation. I am the second oldest of four sons, and all are married but myself. All were married in their thirties; married girls who were ten and twelve years younger than themselves; and

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here am I doing the same thing. This girl's life is being made miserable indeed, and she has as much as told her parents that she will not be responsible for what happens if they insist on wrecking her life for her. Girls marrying men ten and twelve years older than themselves is no uncommon occurrence, and a man thirty-five marrying a girl twenty-one or twenty-two has often proved the best of marriages. In fact, it is the best time for the man above all other times. A man from thirty to forty years of age is just in the prime of manhood. Now, Cynthia, don't you think this girl's parents are pursuing a course of "butting in" where they have no right to but in? Here we have another example where parents oftentimes wreck their children's lives forever. What would you advise?

WORRIED. Cynthia cannot presume to say that the parents are unduly interfering, since she only knows one side of the case, but the number of years do not seem to be too great. Of course, five or six years' difference is generally considered a safe margin. However, there have been a number of happy marriages where the difference has been greater. If you really love each other and are sure of your hearts, and can give her parents a satisfactory account of your position and antecedents, there should be no objection to the match.

Why Not Leave It Alone? Dear Cynthia—I have written to your column before and derived great benefit from your honest, straightforward answer and I am now taking the liberty of writing you again.

Now as to the doll question—why not leave it alone? I am a young girl and am not a doll, neither am I an old-timer. It takes all kinds of people to make a world, and if a fellow likes to run around with a doll, who am I to blame him? Variety is the spice of life, and then who can blame him for marrying a girl who has self-respect and who does not scatter her kisses and caresses like feathers in a strong wind?

The path of a good woman is indeed strewn with flowers, but they rise to him who steps, not before them; so, girls, whatever you do always keep your illusions and your dreams, for some day Prince Charming will come riding on his snow-white steed and then you will be glad that you kept yourself pure and without stain.

CONSTANCY AND FIDELITY. That's right, my friend, why not leave it alone?

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IT'S NOT A BIT TOO EARLY TO THINK ABOUT CHRISTMAS

Your Ideas, the Gifts in the Shops and the Shopgirls Are All Fresher Now Than They Will Be at the Last Minute

IS IT too early to think about Christmas? I can almost hear the chorus of answers. "My goodness, yes! Why, 't's almost a month off. The toils of Christmas trees haven't come in yet, and the stores haven't put out their tables of card, and nobody has started to shop yet!" Nobody has started yet. Two weeks from now, they'll all start with a rush. And from then until Christmas it will be just like running down hill. The December day you do start your shopping you will go downtown with your first list all made out, feeling rather fine about beginning so early, before any one else has thought about it. When you get into town you will wonder whether there's a fire or a parade or something to bring so many people out. As soon as you get inside the store and over to that counter of fascinating gifts that you had in mind when you left home you'll discover that it's no fire, no parade—just Christmas shopping. You weren't early at all. You will grab the few things that you "got to get to try again the next day. And so it will go. By the 25th of December you will look over your list and find that you still have to get that "socking horse for Tommy, the doll with a dress on that opens and shuts its eyes for the baby and that Madeira doll for Eleanor. You wonder why people don't give presents at New Year's instead of Christmas, so that you could have more time. (If they did you probably start buying on December 20 instead of December 10.)

THAT'S your side of it. Have you looked at the other side? Everybody knows the shonigirl's side. That has been drummed into "the public" for years in the hope of avoiding so many doleful, sick-a-bed Christmases. Those exhausted girls who stand all day long and sometimes half the night answering questions—"Have you this in pink?" "Well, do they ever come in pink?" "Well, I wanted pink" and "Will you get some in pink?"—writing slips, wrapping packages, controlling their tempers, keeping their patience, serving others, very often have to take all that delightfully peaceful after-Christmas period in routine, unconvalescing, getting back to normal. But you don't have to go so far as the shonigirls. You don't have to go farther than some member of your own family—Aunt Sarah, for instance. You always send her something, and it has to start several days ahead to get here in time. In those last panicky shopping days you put Aunt Sarah aside, until it's an afterthought. Your next-door neighbor—if you go into the stores at the last minute to do the largest part of your shopping you take the space that she needs in order to buy another five-centie for Johnny in place of the one that his father broke "trying it out," or to find the "watch that goes" that Bobby asked Santa Claus to bring. No, indeed it's not a bit too early to think about Christmas.

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