AL STOP

and see

## 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 Where You Can See Bone, Tooth and Body Building Materials for Little Boys and Girls

12

By MRS. M. A. WILSON Copyright, 1919, by Mrs. M. A. Wilson, All Rights Reserved.

MEEDING the small child from two to air years of age, the mother should in mind that the baby is now cutting its first teeth, and unless the foods are rich in bone and tooth and body-building materials the structure, trength and enamel of the teeth will e of such a character that deteth 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 Among the materials needed are lime

Among the materials needed are lime and mineral sa'ts, such as are found abundantly in good milk, eggs, whole-wheat bread and a good grade of dairy butter, cereals and fresh fruits, par-deularly dranges, apples and prunes. This is the time for the mother to teach the child the life-forming habits for heat h and strength by eating plenty of good, wholesome, plain foods. The old English idea of preparing the children's meals in ndwace of the fam-ing has much to commend itself to the milk for drinking purposes, independent of all after aniounts used in the prep-anakes it possible for the mother not celly to plan the correct diet to make the diet a corrective one.

be given the children three times each day, not just occasionally, but each and

The small child needs, in addition to the foods that will build his teeth and body, foods that will furnish him with Where rigid economy is necessary.

the power for energy for his many activ-lities. His dict should be of such a clar-acter that it will supply the necessary cereal, mi'k, whole-wheat bread and roughage or ballast to create an active butter. Discard the expensive meats

Washing Baby Clothes

Woman's Page:

MRS. C

Snow Pudding Is a Tempt-Mrs. Wilson's Movies These interesting cooking pictures vill be shown during this week at the following theatres on the follow

ing days: CORN MUFFINS Thursday, Friday and Saturday, Grand Theatre, Camden.

For variety add to the cereal while cooking two tablesnoons of chopped raisins or apples, dates, figs, currants etc.; slir well to blend. The leftower cereal may be molded in deniltasse curs or small custard cups and served with a custard sauce for dessert. CHARLOTTE RUSSE Thursday and Friday, Broadway Theatre, Broad and Snyder avenue

### LEBANON CRUMB CAKE One cup of milk, Four level tablespoons of cornstarch.

Thursday, Sherwood Theatre Fifty-fourth and Baltimore avenue. Friday and Saturday, Dazzland Frankford avenue and Birch street. For copies of these recipes apply at the box offices of the theatre or

Two tablespoons of sugar, White of one egg, heaten stiff, Six drops of vanilla.

to a boil and cook slowly in hot bath for half an hour, adding:

ing Delicacy Which Is

Nutritious, Easy to Pre-

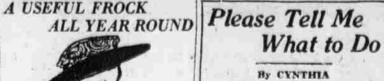
Snow Pudding

Stir to dissolve the starch, then bring a boil and cook slowly in hot water

pare and Tasty

Beat hard to mix, then pour over the molded snow mudding

Next Thursday-Meat and vegetables for the small child.



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 ear-lier message. I do not know how the topics have been running lately. This being the case, I will 'et loose some or my pent-up feelings that have been ac-cumulating during the last week. In cumulating during the last week. In view of my former attempts at poetry. Cynthia cannot presume to say that we shall call this spasm in blank verse the parents are unduly interfering, since view of my former attempts at poetry,

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 Lest they, in their anger, chastise thee For thou hast committed the unpar-donable sin.

donable sin. Surely thou dost remember ere we parted parted by the parter of your position and ante-redents, there should be no objection to The solem

n yow committed in the silence the match. of that autumn moon. We sealed our bond with a heavenly

And thou hast committed the unpar-donable sin. Our sacred vow, to be true to each

Thou hast trampled on and ground beneath thy heel. That beautiful yow I held to be ever-When thou wandered forth into the un-pardonable sin.

O that sin-that sin of forgetting To write that daily missive of cheer

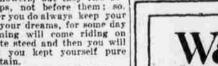
to him who waits-For that is the unpardonable sin.



# here am I doing the same thing. This deed, and she has as much as told here parents that she will not be responsible for what happens if they insist on wrecking her life for her. Girls mar-rying men ten and twelve years elder than themselves is no uncommon oc-currence, and a man thirty-five mar-rying a silt twenty-one or twenty-two Low The shows and the Shops and th 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 Christ-mas? I can almost hear the chorus The looked at the other side? Everyof answers, "My goodness, yes! Why, 't's almost a month off. The londs has been drummed into "the public" for of Christmas trees haven't come in yet, and the stores haven't put out their do'eful, sick-a-bed Christmases, Those tables of card, and nobody has started exhausted girls who stand all day long to shop yet !" Nobody has started yet. and sometimes half the night answering Two weeks from now, they'll all start omestions-"Have you this in pink?" with a rush. And from then until "Well, do they ever come in nink?" WORRIED. the 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 consid-ered better than twelve or thirteen,



CONSTANCY and FIDELITY. That's right, my friend, why no 'eave it alone?

Thankselving and Christman,





Cynthia cannot presume to say that
the parents are unduly interfring, since
with a rush. And from then until
"Well, I wanted oink." and "Will you
"Well wanted oink."
"Well wanted oink Christmas it will be just like running "Well, I wanted pink" and "Will you

body knows the shongirls' side. That



