

Careful Attention Should Be Given to Small Child's Menu, Says Mrs. Wilson

And Specifies What the Three-Year-Old Person Should and Should Not Eat, With Several Attractive Recipes to Illustrate

By MRS. M. A. WILSON  
Copyright, 1922, by Mrs. M. A. Wilson. All rights reserved.

THE approach of the summer season brings to the mother's mind that she desires to add variety to the child's diet, and often for this reason she is anxious to make special seasonal dishes. Then it is that the thought arises in her mind, "Will this dish be suitable for my child?"

Physicians know that the most important time in the first five years of the child's life, for it is then that habits are formed which often remain with the child through life. Among the most important of these are the food habits of the child. How inconsistently some mothers really regard the needs of the child! If you were to note the food habits of the child, you would not be surprised at the condition of the child.

The menu of the adult will not do for the young and growing child. It is overseasoned and does not carry the needed elements in sufficient proportions to furnish him with materials to make him grow and at the same time supply the needed amount of energy for his constant and abundant activities.

Milk is the child's ideal food from birth until the tenth month. For the tiny stomach is unable to digest other foods. Gradually the stomach develops the starch-digesting enzymes, and after the tenth month the baby is able to assimilate carefully cooked, strained cereals. The baby approaching the third and fourth years is frequently a puzzle to the mother, so it is to this mother I am going to suggest the following dishes to add variety to the menu.

The fruits of this age may have are:

- Juice of an orange.
  - Stewed seeded raisins, rubbed through a sieve.
  - Baked apple, without the skin.
  - Prune pulp, rubbed through a sieve.
  - Little pineapple juice.
  - The following vegetables:
  - Spinach, cooked until tender and rubbed through a sieve.
  - Carrots, mashed and creamed.
  - Turnips, mashed and creamed.
  - Peas, mashed and creamed.
  - Asparagus tips.
  - Baked potato.
  - Finely shredded lettuce.
  - The cream soups can be made from the following:
  - Potato.
  - Spinach.
  - Celery.
  - Lettuce.
  - Carrot.
  - Turnip.
- Now, while the small baby just beginning to eat may have the yolk of an egg, the child three and four years old should have the whole egg. Cooked, soft boiled, in omelet and in custard

are the methods of cooking. Milk should play a large part of all children's diet. So for this reason it is wise to cook the vegetables and the cereals in milk in place of water, as the child is usually unable to drink large quantities of milk when he eats other foods.

When the question of money arises in the home the mother immediately cuts down and sometimes eliminates milk entirely from the small child's diet, and it may be only after a spell of serious sickness that she finds this out.

Fresh fruits and vegetables are needed in the child's diet for furnishing the needed mineral elements for making bone and tooth structure. They are also laxative in effect and supply the vitamins which the needed elements that help them to keep up their tone. It is best to give small children the fruits that they are permitted to have at least one-half hour before the regular meal. The question of meat for the child is always important and should be given special attention. Too much meat is just as harmful as not enough. No meat is wise to give children such meats as Hamburg steak or meat balls, fried meats or pork products or veal.

Beef, chicken and lamb are the only meats that should be given to the small child, with fresh fish, either baked or boiled, for variety. The bread question is very important, and the wise mother will teach the baby and the growing child to have a real liking for whole wheat bread that is one or two days old. Whole-wheat bread contains many valuable elements needed by the young and growing child for his physical up-keep, particularly the material for bone and tooth structure.

- Some suggestive recipes:
- Oatmeal Custard**  
Place in saucepan  
One cup of water.  
One cup of milk.  
Bring to a boil and add  
One-half cup of oatmeal.  
One-quarter teaspoon of salt.  
Cook slowly for one hour. Now strain through a sieve and add  
One-half cup of milk.  
One tablespoon of sugar.  
Tiny pinch of nutmeg.  
Yolk of one egg.  
One whole egg.  
Beat well to mix and turn in well-buttered custard cups. Bake in moderate oven until the custard is firm.
- Place custards in pan and fill with cold water to about two-thirds the depth of the custards.
- Prune Souffle**  
Place in saucepan  
One cup of milk.  
Three tablespoons of flour.  
Stir with fork to dissolve and bring to a boil. Cook slowly for five minutes, then add  
Yolk of two eggs.

Things You'll Love to Make



**KIDDY'S DUO-FROCK** will give a great deal of service. Make a simple foundation straight-line frock. Embroider or pick two slits in the front of the frock, just below the waistline. Make collar, cuffs and sash of some dainty dotted or figured material. Embroider a large flower between the slits and smaller ones on the cuffs and collar. The little one can wear her KIDDY'S DUO-FROCK, as shown on the first figure. When she wishes a change, or soaks the front of it, have an arrangement like that shown in the second sketch. It consists of a deep, round collar of a fancy or cross-hatched material, with a plaited panel attached, and cuffs and sash to match. The edges of these are picoted. FLORA.

One-half teaspoon of vanilla.  
One cup of prune pulp made from cooked prunes that have been rubbed through a sieve.  
Four tablespoons of sugar.

Beat to blend and then fold in the stiffly beaten whites of the two eggs.

and turn into well-buttered custard cups and bake as for custards. The natural whole grain rice should be used for the child. The little brown coat that the miller removes when he makes the rice snow white and shining takes from the grain its valuable mineral element and the natural fat of the grain.

MRS. WILSON'S ANSWERS

Mrs. Wilson—Will you give recipe for coconut macaroon?  
MRS. M. G.  
Place in mixing bowl the white of two eggs, beat until stiff and then whip in one cup of granulated sugar, cut and fold in the following:  
One and one-half cups of corn flakes.  
One-half cup of coconut.  
One teaspoon of flavoring.  
Form in balls the size of a walnut and place on a baking sheet that has been covered with a well-greased and floured paper. Place the macaroon about two inches apart and bake in slow oven for twenty minutes.

Mrs. Wilson—Will you give recipe for light layer cake?  
MRS. A. W.

**Layer Cake**  
Three and one-half cups of pastry flour.  
Two level tablespoons of baking powder.  
Sift in sifter and sift five times. Now place in mixing bowl  
One and one-half cups of sugar.  
Two-thirds cup of shortening.  
Cream well and add yolks of four eggs and cream again; now add the prepared flour and one and one-half cups of water or milk and beat to smooth batter, add one teaspoon of flavoring desired, and cut and fold in the stiffly beaten whites of the five eggs; turn in well-greased and floured deep layer cake pans and bake in hot oven for thirty minutes.

SUMMER NEEDS

**Women's BATHING SUITS**  
Fine ribbed, well made, neat design. Extra value.  
\$1.50  
Cap Shown on Figure.

**Mary Jane Slipper**  
Woolen dural value—All sizes up to 2. All leather.  
\$1.00

**Peg-Top ROMPERS**  
Large variety of checked gingham in all colors and combinations.  
59¢

W. T. GRANT CO. 920 Market Street Next to Postoffice

WANAMAKER'S JUNE 15, 1922 WANAMAKER'S

The Wanamaker Down Stairs Store



\$4.50 \$3 \$10 \$5.50

The Summer Charm of Gingham—\$3 to \$10

Women's dresses of gingham are in particular favor this year, and women who appreciate the youthful charm and freshness of gingham are glad. Various good grades of material are used throughout, even in the \$3 dresses, and the \$10 frocks are of imported gingham so fine and soft that it feels like silk.

Such Clear-Colored Checks and so many delightful styles! Our grandmothers would be amazed to see how many places gingham goes nowadays.

The Gingham Frocks Sketched are but a few of the hundreds of dresses available at these prices—in all the styles of the season.

\$3—this excellent straight-line dress is well tailored and its lines make for slimmness in appearance. In pink, brown or blue small block checks.

\$4.50—the gingham in this model is a club check in navy-and-red, pink-and-green or blue-and-tan and the organdie trimming is fresh and cool looking.

\$10—beautifully fine is this gingham, in brown, navy or red checks. The style is youthful and pretty and the white organdie is sheer, smooth and crisp.

**Dotted Swiss Frocks** at \$5 and \$5.50  
The one at \$5.50 that is sketched is in brown, dark blue or red, mostly with white dots. The snowy organdie vestee is trimmed with little bows of ribbon.

**Organdie Trimmings** 10c and 12½c  
Prettiest and newest trimmings for Summer frocks and blouses. Organdie fagoting is a criss-cross of narrow strips, in all about an inch wide, while loop trimming, for edgings, is about one-half inch wide.

Organdie loop trimmings, 10c yard.  
Organdie fagoting, 12½c yard.

**Black Enamel Suitcases, \$3.50**  
Four Sizes  
Unlike most black enamel suitcases of moderate price, these cases are made of enameled fabric with a black backing, a point of great superiority, as rubs and scratches do not show on such cases nearly as quickly as on cases with white backing.

These are strongly made, have leather corners and two leather straps across the top. Handles are durable and there is a pocket inside the lid. All are attractively lined.

18, 20, 22 and 24 inch sizes, suitable for men or women.

**Hat Boxes, 55¢**  
Round boxes have tan or black bindings and handles; square boxes have black leather corners. Both are prettily lined and have inside pockets as well as spaces for two hats. 18 inches across.

Men's All-Wool Two-Trouser Suits at \$30

Blue serges and wool mixtures in conservative and semi-conservative suits, carefully tailored. Among them are durable serges that will keep their color; the dark blue coats are fine to wear with white flannel trousers. And two pair of trousers make each suit almost equal to two suits!

Palm Beach Suits, \$14.50  
Mohair Suits, \$16.50  
(Galleries, Market)

Boys' Camp Suits  
Sizes 2½ to 8 years, \$2  
Sizes 8 to 18 years, \$2.50

What good times they signify! Hiking, fishing, "roughing it," and all the things that boys love! All the boys want them, and parents find it wise to get several suits for each of the boys who are going camping.

They are made of sulphur-dyed khaki jean, which means durability and good color. Sleeves are short and the open neck is cool and comfortable. Collars are self-faced. The generous yokes across the back are double. Seams are all closed—stand a lot of strain. Shirts have two breast pockets—sizable ones.

\$2 suits are button-on style and can be worn with or without the khaki-colored belt.  
\$2.50 suits have regular shirts, "shorts" such as the English Boy Scouts wear, and webbing belts with slip buckles.

(Galleries, Market)

Women's Tan Polo Coats \$12.50

Practical vacation coats, as they harmonize with anything and will stand a great deal of hard wear. In a tailored style with an inverted pleat down the back of each, four pockets and a buckled belt.

**Tan or Navy Blue Gabardine Wraps, \$20**  
A conservative Summer wrap, silk lined throughout, and topped with a cowl collar faced with satin—navy facing on the tan coats, Copenhagen on the navy blue ones.

**Camel's Hair Coats Reduced**  
A little gathering of silk-lined tan camel's hair coats which have become soiled. All price-lowered to \$28.50.

Central Aisle  
Remnants of Household Linens, Half Price

A good opportunity to add to the household supply of tablecloths, towels, etc. Good lengths of cotton and linen toweling, bleached and unbleached muslin, cotton and linen table damask at just half their regular selling prices.

**Net Corsets, \$1.50 and \$2**  
So light and airy that they give the desired support and are yet practically free from all the Summer discomfort.

House Dresses Pretty Enough for Anywhere—\$3

Smart frocks of checked gingham are pretty enough for Summer afternoons. They're gay with crisp organdie pleatings or collars and cuffs of ecru eyelet embroidery. Seven different styles to choose from in checks of lavender, red, black, blue, pink or gold. Sizes 36 to 46—\$3.

**In Extra Sizes at \$3**  
A gingham dress in two-tone check comes in sizes 48 to 54.

**Breakfast Sets, 75c**  
Of light printed percale, each set consists of a slip-over jumper and a skirt, trimmed with white pipings.

**Other Linen Napkins at Low Prices**  
18-inch size, \$3.75 dozen.  
20-inch size, \$4.50 dozen.  
21-inch size, \$5.50 dozen.

**12-Button Milanese Silk Gloves, \$1.25**  
Good quality silk gloves, double finger tipped for extra service, in white, black, mode and mastic.  
10-button length in the same quality and colors, \$1.50.

A Dainty New Dotted Swiss Frock for Juniors \$8.75

One of the prettiest dresses we have had this season. It is of sheer, dainty Swiss in brown, red, rose, leaf green or orange dotted in white.

Flowers of white organdie mark the waistline, while a big fly-away sash of white organdie ties in a bow in the back. Yoke and cuffs are of the organdie, adorned with a scroll of Swiss.

15 to 17 year sizes.  
**Other Delightful Summer Dresses** are of sheer dimities, voiles, lawns, organdies, sturdy gingham and pongees—all new, all pretty and all charmingly youthful. Prices range from \$1.50 to \$15.

(Market)

**GRAPE-NUTS**  
Made of Wheat and Barley  
Postum Cereal Company  
Battle Creek, Mich., U.S.A.  
A FOOD  
ECONOMY  
Four tempting temptations of GRAPE-NUTS for the cereal part of a meal is sufficient for an ordinary person. More may be used if desired.

Power for you, too!

**FOOD** for the human body is like fuel for the modern engine—both are converted into power.

Some foods are more effective than others in developing energy without overtaxing the system during the hot summer days.

Grape-Nuts is a skilfully prepared food for human power. It contains the necessary elements for strength and energy, and it supplies this power lightly and smoothly, with no burden to the digestion.

Grape-Nuts is a go-ahead

food, made from whole wheat flour and malted barley, skilfully blended and processed, and slowly baked for twenty hours. Ready to eat with cream or milk—a complete food.

There's a delicious charm of crispness and flavor in Grape-Nuts, and a great aid to health and efficiency in its well-rounded nourishment.

Travel light and travel strong with Grape-Nuts as a regular part of your breakfast, lunch or supper. Every member of the family will enjoy it.

Order from your grocer today!

"There's a Reason" for Grape-Nuts  
Made by Postum Cereal Co., Inc., Battle Creek, Mich.

Sale of "Wara" Straw Rugs

27x54 inches ..... 75c 6x9 feet ..... \$3.50  
36x72 inches ..... \$1 8x10 feet ..... \$5  
4.6x7.6 feet ..... \$2.50 9x12 feet ..... \$6

This is the last shipment this season of "Wara" straw rugs—and a whole Summer's service is ahead.

"Wara" rugs are made of first-quality rice straw and are fresh from Japan, where they were made especially for us. Stenciled with oil paint—blue, green or brown—and bound all around, they are in various pretty designs.

**We Emphasize the Freshness** of "Wara" rugs because you can gauge the service of straw rugs by their freshness.

Put one of these freshly made rugs of "live" straw on the floor, wet it now and again—give it a reasonable amount of care and see how long it will last. \$6 is the price of a large rug. You'll never get such service, such satisfaction out of \$6 expended for any other kind of floor covering.

**"Wara" Rugs Are Suitable Almost Anywhere**  
They make splendid porch rugs. Small sizes are nice for canoes and camps and they can be easily rolled up and taken along. Yet, "Wara" rugs are dignified enough for rooms where there is beautiful old furniture—especially the rugs with Chinese center designs or plain band borders.

(East Aisle and Chestnut)

