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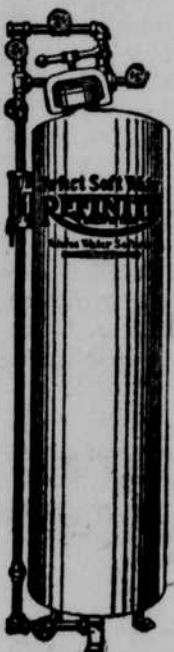
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Baby and Jun

Authentic Advice on Feeding Babies

By C. ELIZABETH LYMAN, M. D.

WHAT a child CAN eat and what it should eat are vastly different.

We adults, masters of our own physical fates, have ourselves to blame for dietetic sins. But we should be vigilant and unrelaxing in seeing that our children have the proper start toward health, which is one of the principal ingredients of adult happiness.

If a newly-born baby is not to be breast fed, there is a standard formula for preparing its milk. The formula is this:

Certified or Grade A milk, 2 ozs.; barley water, 16 ozs.; Dextri-Maltose (Mead's No. 13) rounded teaspoonfuls; heat milk and barley water to steaming point (not boiling point); steam 20 minutes, add maltose and divide into eight feedings; feed every three hours.

For babies 10 days old—Certified or Grade A milk, 4 ozs.; barley water, 16 ozs.; Dextri-Maltose, 4 rounded teaspoonfuls; prepare as given in first formula and follow same directions for feeding.

One month old—Certified or Grade A milk, 7 ozs.; barley water, 20 ozs.; Dextri-Maltose, 5 teaspoonfuls divide into eight feedings, after preparing as directed in first formula and feed every three hours. If the formula should disagree with the baby and should not be retained in the stomach or there are other symptoms of indigestion then it is best to call the family physician.

This formula should be used with no other additions up to the fourth month, with the quantities progressively increased.

After the fourth month two teaspoons of fruit juice may be given at 9 a. m. and two teaspoons of vegetable juice at 5 p. m. with the milk formula at the regular feeding hours.

After the fifth month four teaspoons of fruit juice and four of vegetable juice should be given, in addition to the regular milk feedings. For the seventh month increase the fruit juice to five teaspoons, and feed a like quantity of vegetable pulp. Two rounded teaspoonfuls of crushed zwieback should be given at 2 p. m. With the baby's 6 p. m. milk feeding six level teaspoonfuls of boiled farina or arrow-root pudding may be given. At the ninth month the fruit juice, vegetable pulp, zwieback and farina may be increased one teaspoonful, in addition to the bottle-feedings, of course, which are spaced at every four hours.

One year—one oz. fruit juice at 9 a. m.; yolk of hard-boiled egg at 10 a. m.; four teaspoonfuls crushed zwieback at 2 p. m.; 8 teaspoons of farina or arrow-root

pudding at 6 p. m., in addition to milk.

Thirteenth month (start of regular meals)—Milk, 8 ozs., graham or oatmeal cracker, at 6 a. m.; two hours later juice of an orange or pineapple juice; 9:30 a. m. saucer of oatmeal, farina or other cooked cereal served with milk or cream, one piece of zwieback, rusk or toast with butter, 6 ozs. milk; 12:30 p. m. one oz. of steak or roast beef juice, baked potato with yolk of hard boiled egg, stewed prune juice, or chicken soup with chopped noodles, or beef or carrot soup and spinach with yolk of egg, stewed apricots or apple sauce; 8 ozs. milk at 3:30 p. m.; 6 p. m. a saucer of arrow-root or creamed cheese on oatmeal or graham crackers. At 10 or 11 p. m. if awake and restless give 8 ozs. of milk.

After eighteen months add to the above, chopped figs or dates raw or stewed; coddled or poached eggs; spinach, carrots, peas, beets, asparagus tips, lettuce and celery. Lady fingers may be given for a sweet, or custard, half a sliced banana, or half a raw apple scraped. For a drink there may be given a cup of weak cocoa.

At the age of three, seedless fresh fruits, a strip of broiled bacon, fish, minced chicken, broiled lamb chop, grated corn and tomatoes may be added to the diet already given.

From 2 to 6 years corn or graham muffins may be included, also gelatin, sponge cake and angel food.

The child that is underweight should have an increase of fat in the diet, which means a liberal use of cream and butter, and olive oil as a dressing on lettuce. Cocoa, chocolate, nuts, bacon and eggs all aid in nourishing the child.

If candy is given it should be given sparingly. Cream filled chocolates and fancy candies should not be given. Plain taffies and hard candies which are simply flavored are best. Children under three should have peppermints or barley sugar.

The barley water specified in the first formula given in this article is made as follows: One tablespoonful of pearl barley; one quart cold water; boil two hours, adding water from time to time; strain through muslin and add enough boiled water to make one quart.

Coddled egg—Place a fresh egg in its shell in boiling water and remove the pan from the fire. The egg cooks slowly in the gradually cooling water and should be removed in about 8 minutes, when the white will be found about the consistence of jelly.

A Souther

By F. I.

Lullabye my darlin'
Close yore deep blue eyes,
Caint you see the stars
A'winkin' up thar in the skies?
Caint you see the fairies dancin'
Round yore trundle bed—
Then go to sleep mah darlin'
Till the dawn's a breakin' red.

Refr

Sleep, mah baby
While the angels
Merry moan bean
Upon your gentle
Sleep, baby sleep
Sleep, mah baby.

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