



# Kiddies' Korner

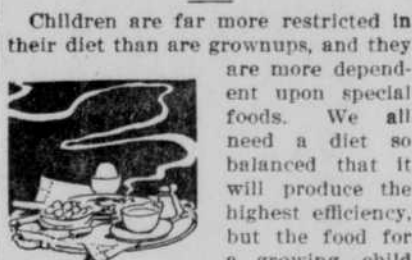
By MADREE PENN



## THE KITCHEN CABINET

FOOD FOR THE CHILD.

So make it your intention With proper comprehension To see the world from every point of view. Smile on if you're defeated. Or smile if you think you're cheated. Smile on and soon the world will smile on you! —Caroline Sumner.



Children are far more restricted in their diet than are grownups, and they are more dependent upon special foods. We all need a diet so balanced that it will produce the highest efficiency, but the food for a growing child must do more than that. The growing child is building new flesh and bone. For this reason the child should have a larger proportion of body-building foods than adults. Milk is the most important; eggs, butter and well-cooked cereals, with top milk, are very important in the diet of the child.

We are told repeatedly by those who have made a study of the diet of the child that no mother should buy a pound of meat until she has purchased a quart of milk for each child in her family.

Milk is the ideal food for the child. It contains the elements needed to promote growth with the exception of iron. This element is given the child in such vegetables as spinach, beet greens and carrots.

As the child grows and becomes very active other foods are added, such as starchy foods, which supply energy. When milk is unpleasant to the child give it to him in cream soups, custards and cocoa. The older members of the family may be underrated on milk, but never let the children want for it.

Dishes made chiefly of milk, meat, fish, poultry and egg, with meat substitutes, form the most important group in the well-balanced ration. Then come cereals and bread; then fats, of which the most important is butter. Do not give children fried foods which are hard to digest. Fruits and vegetables are next; then simple sweets such as dried fruits or pure candies. Candy should always be given at the end of the meal, never before.

Wheat taken from the granary, well washed, soaked over night, then cooked in the same water until well cracked and covered with gluten, is one of the most desirable of foods for growing children. Serve it with top milk.

*Nellie Maxwell*

How Danzig Is Protected.

Along the Vistula side of the city of Danzig are large fortifications, stretching almost to Neufahrwasser. The three land sides of the city can be inundated by the opening of great water gates, built in the middle ages, and modernized before the great war. This inundation can be controlled by the military engineers, and at its greatest extent would make of Danzig a fort on a distant island, requiring an attack by a naval force. And the inundation would be of fresh water, not the salt water that the Belgians allowed to pour over their land in the hectic days of 1914, a voluntary sacrifice of the agricultural value of the soil for the cause of humanity.

little ones so the little ducks became my children and I became their mother so as to make all of us quite happy.

"But my little ducks always took their baths in the summer and I remember what dirty little-creatures you were."

"The chickens hung their heads in shame, for they remembered what Elizabeth was talking about.

"Yes, the chickens ate the cherries which fell from the trees, the black, black cherries, and their little faces became all dirty. For shame, such dirty little faces as the chickens had! My charges would have washed their faces so quickly, oh, so quickly.

"My charges like the good, clean water; they love their baths.

"But I will never forget the dirty little chickens and it was such a long, long time before they had clean faces. Their faces were just covered with squashed cherries; for shame!"

"They didn't take as many face-washings as they should have, quack-quack," said the little ducks.

"No, they did not," said Elizabeth. "I like my nice, clean charges, I do."

"It's mean to bring up the things we did do," said the chickens.

"I wouldn't have done it only you were not good then, but you weren't good a moment ago; no, you weren't."

"However, I will not speak of what has past if you will not, for it isn't kind. My ducks are my own little children now for they call me mother and I look after them, and I call them not only my little charges, but my own little ones whom I love and look after. So let's forget about the old days and mind your own mother and don't quarrel," ended the goose Elizabeth, who really talked quite sensibly!

Suitable Policy.

"Pa, what do they do with the raw recruits?"

"I guess the first thing they do with them is to roast them."

Father's Revolt.

The college-bred daughter reproved her father for dropping his "g's."

"Have I been droppin' them?" he asked innocently.

"There you go again, father—'droppin'! And you say 'comin', and 'goin' and 'eatin'! It's humiliating."

"Daughter," said the old man, after a thoughtful pause, "may I drop the final 'g' in 'egg'?"

## DADDY'S EVENING FAIRY TALE

By Mary Graham Bonner

### ELIZABETH'S CHARGES.

"Elizabeth," said Daddy, "was a gray goose. In fact, I should say that she is a gray goose. She is a very fine goose and looks quite important and fine and tall until she begins to walk and then she waddles along in such a funny way that she doesn't look important at all.

"Some time ago a lot of little ducks were left on the farm where Elizabeth lives without any mother. They had lost their mother and were rather lonely little ducks, not knowing quite what to do, or whom to go to if they were hurt or tired.

"But when they got to the farm and Elizabeth saw that they had no mother she took them in charge. She fed them and showed them where to find the food. She led them around all summer long and when winter came they were put together so Elizabeth could still be in charge.

"She was always in the center and the ducks were always around her and she never seemed to scold them, but just somehow they seemed to know that they must do what she said, for she would do the right thing for them.

"So Elizabeth taught the little ducks all their lessons and their manners and on the winter afternoons she told them stories and she chatted in her shrill, harsh voice which sounded very lovely to the little ducks.

"And they talked to her and asked her questions and their little noisy quack-quacking sounded very sweet to Elizabeth for she had become their own mother and they were her own ducklings.

"But one day some of the chickens got quarreling and scolding and they were really quite old enough to know much, much better, for they were big chickens at this time.

"I'm glad you're not my charges," said Elizabeth.

"We would like to have you better than our mother," said the chickens.

"For shame," said Elizabeth.

"Well, the ducks aren't your own children so why couldn't you have us, too," the chickens said.

"The ducks didn't have any mother," said Elizabeth, "and I didn't have any

CUT OUT AT THE MARGIN AND PASTE IN BOOK, OR TIE ON CARDBOARD THROUGH THE HOLE.

## THE MOTHER GOOSE FAIRY BOOK Page 15 By Eleanor Schorer



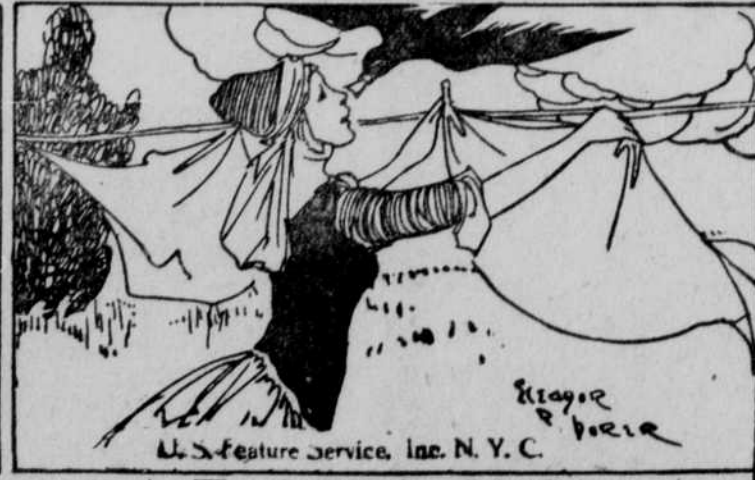
Of course you have heard how the maid was in the garden hanging up the clothes, when down came a blackbird and pecked off her nose. And you have felt sorry for the maid, have you not? Well, you should have been glad. I will tell you why. Years and years ago, when there were many Queens on earth, there lived one who was far more beautiful than all others.



Ashamed, now, to appear at court, the Queen went to a far off land and worked as a maid in the palace of the King and Queen who ruled there. All her haughty cruelty left her when her beauty vanished. She was kind and meek and people loved her. All this time, unknown to her, the wizard watched.



Beautiful of face was she, but cruel of heart. While she was very young she thought that the glances of her subjects were admiring, but soon she learned different, for one day her subjects promised a handsome sum to a wizard of their land if he would mete out a punishment fit for their cruel, vain ruler. So by magic power he made the Queen's nose grow a full inch longer than it was intended to be.



When he told her subjects of the change in their Queen, they pleaded for her return. The wizard sent his blackbird to peck off her nose and then to deliver to her the people's message. So while the King counted money and the Queen ate honey the maid became beautiful again. Keeping her sweetness withal, she returned to her own land to reign. Here she and her people lived happily ever after.

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## JUST KIDS—Forgery.

By Ad Carter



SAY TOMMY HOW DO YUH SPELL HAFTA- IS IT HA-F-T-A OR HAFFER-I?

I GUESS ITS ONE OF THEM WORDS YUH KIN SPELL EITHER WAY!

Dear Teacher Please excuse Willie from school today Willie is a good boy and he will hafta mind the whole I go out. Yours Respectfully Mrs. Smith

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