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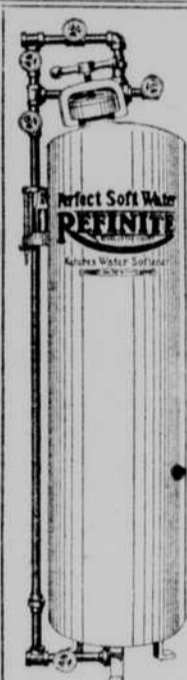
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Baby and Jun

Care of Youngsters In Spring

By C. Elizabeth Lyman, M. D.

SPRING months with their varying temperatures present difficulties for keeping the heat of children's bodies uniform.

Nose and throat infections; coughs and colds predominate when warm days alternate with cold, damp and rainy ones, perplexing the mothers to know how much clothing must be worn. On warm days the little bodies are damp with perspiration and on cold ones blue and chill.

In the early months of the year baby's skin bodily resistance should have been built up to withstand the drastic changes.

When baby's blood is circulating freely the skin will feel warm to the touch, a reassuring sign to mothers that infectious diseases will not be very easily taken.

Too much clothing is bad, but there should be wool over abdomen and chest. Hands and feet should be comfortably warm and ears protected. A cold splash over neck and chest after bathing is simple and effective in increasing resistance.

Baby should be out of doors at least three or four hours on sunny days and always when the sun is shining brightest. The eyes should be protected from direct sunshine. No tonic can take the place of fresh air, sunshine, exercise, good food, rest and sleep. Last, but not least, plenty of water to drink. Under three and one-half years the water should be boiled.

Foods, as I have repeatedly mentioned in earlier articles, are primarily important in building resistance to disease.

Milk should be given and no tea, coffee, coffee substitutes or iced drinks should be thought of.

Natural fruit and vegetable juices are important. Up to the age of sixteen months bread should be

fed very very sparingly. Meat juice should be given children whose dentition is delayed or who have weak bony structures. If the child objects to meat juice add it to milk, which should not be heated to more than 100 degrees Fahrenheit before the addition of the steak juice which should be prepared freshly each day. Prepare it as follows: One pound of lean steak, slightly broiled and squeezed through a lemon squeezer or press. This provides about three ounces of liquid and may be slightly salted. It may be slightly warmed but not sufficiently heated to coagulate the albumen. When the fresh steak juice cannot be obtained Valentine's Meat Juice may be substituted.

For children of two or three years spinach, mashed potatoes or steamed rice may be given with the steak juice over them.

Spinach is at its best at this season and children like it if properly cooked. Asparagus tips either in a sauce in which the cooking water is incorporated or made into a soup is one of the vegetable foods that contain mineral salts in abundance. Beet greens, mashed peas, mashed young carrots, grated corn and cooked lettuce are among the desirable foods.

The sauce for creamed vegetables is prepared like this: 1 level tablespoon flour, 1 level tablespoonful of butter, one-half level teaspoon salt, one-half cup liquid, preferably the water in which the vegetable has been cooked. Add the flour to the melted butter and mix thoroughly, then the salt and liquid.

The vegetables should be cooked only long enough to make them tender. Excessive boiling robs them of their food value.

Next month I shall give foods for children from birth until the fourth year.

Soft Water for Baby's Face, Bath and Shampoo

REMEMBER the good old days, when mother or grandmother would upon a rainy day rush out of the kitchen with pail and pan and place them below a water spout in order to catch up the water?

Why did she do it? Because she realized the beautifying qualities of soft water, and you know rainwater is soft.

And again, in the winter time, she would melt snow for washing and shampooing, for the same reason.

In these hectic days, the good old

way of doing things have been forgotten. But wait, not forgotten altogether. There are some who have commercialized grandmother's soft water idea, in that they furnish soft water by way of filter and refiner, like the Refinite Co., for instance.

There is no argument against the "soft water way." Baby's skin is tender, and therefore no hard water should be used in its bath, face wash or shampoo.

It would be well worth the while for mothers to investigate the "soft water way." Why not write Practical Cookery about it?

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