

# Junior Section



## Teas That Stand the "Ice Tea" Test

## The Baby's Sleep

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**W**HATEVER be its nature, sleep brings a time for rest and repair of the whole body, especially of the brain and nervous system. The tissues of the body are always wasting and always being repaired. In sleep the repair goes on more rapidly than the waste. Children necessarily need a sufficient amount of sleep. Want of sleep quickly interferes with the proper performance of all their functions and interferes with their health.

Under no conditions should an infant or older child be allowed to sleep with an older person. Very young infants have often been smothered by their mothers or an older person overlying during sleep. Older children should, if possible, have separate beds, as many bad habits, also contagious diseases are contracted by children sleeping together.

A baby should not be allowed to sleep always in the same position, but should be changed from side to side. They should, with proper food and good digestion, sleep about nine-tenths of the time; at six months, about two-thirds of the time. At the age of one year most infants should sleep from 14 to 15 hours, i. e., 11 to 12 hours at night and two to three hours during the day, usually in two naps. When two years old 13 to 14 hours sleep are taken, 11 to 12 hours at night and one or two hours during the day, generally in a single nap. At the age of four years children require from 11 to 12 hours sleep. It is always desirable to keep up the daily nap until children are four years old. From six to 10 years old the amount of sleep required is 10 to 11 hours, and from 10 to 16 hours should be the minimum.

Training in proper habits of sleep should be begun at birth. From birth the infant should accustom itself to its crib while awake and to go to sleep of its own accord. Rocking and all other habits of this sort are useless and may be harmful. Baby should not be allowed to sleep on the breast, nor with the nipple of the bottle in its mouth. The pacifier should never be given, as that causes deformity of the mouth and teeth, also adenoids. A quiet darkened room, a warm and comfortable bed, appetite satisfied, and dry napkins, are all that is needed to induce sleep in a healthy child.

The causes of disturbed and irregular sleep are mainly hunger and indigestion. In nursing infants it is usually the former; in artificially fed, usually the latter. In the former the peaceful sleep of two or three hours which should follow proper feeding is never seen. Disturbed sleep, due to over-feeding, shows itself by much the same symptoms, excepting that the first sleep of the infant after feeding is usually much longer. In hunger the babe may sleep for 10 to 15 minutes crying and fret-

ful, and after being quieted sleep for a few moments, only to wake at short intervals.

Remember that the nervous system of the baby is not developed until it is two years old, and if you would not have a nervous baby or child you must see that baby has enough rest and the right kind until it is past that period. The tiny nerves are not there when baby is born, and if they are to grow properly they must have a great deal of rest, quite and peaceful surroundings.

Guarded by those who love thee best,  
Sleep, my darling, sleep and rest.

### THE FAT IN MILK

The fat found in milk is a very valuable food. It supplies heat for warmth and energy to the tissues and builds adipose tissue. In the form of cream, this fat is in an emulsified form and more readily digested than the fat in many other kinds of foods. It is customary to speak of the value of foods in terms of calories. Fat yields nine calories of heat for every gram used. About five-eighths of a glass of milk will yield 100 calories. That is why, when unscrupulous dealers have attempted to add water to milk, or to skim the cream from milk and sell it as whole milk, it has been necessary to have legislation requiring a standard minimum of fat in milk. Milk that contains 3.75 per cent fat is considered good milk.

As the fat of milk is especially valuable for its growth-promoting properties, children should, if possible, have unskimmed milk. If, for any reason, the fat of milk, meaning the cream, of course, must be removed, plenty of fat should be supplied in the form of butter.

### SAFEGUARDING MILK

Milk is a most useful food at all times, but is never more appreciated than in summer when heavy foods pall on the appetite.

Two things are essential in having good milk. The first, of course, is to be sure of the source from which the milk comes, that the cows are healthy and well cared for. The next is the care of the milk after it reaches the household. The ideal container for milk is therefore an enameled ware covered milk kettle or an enameled ware pitcher. This ware will not break and can be kept scrupulously clean with perfect ease. Care should be taken not to put milk away in an ice chest near any article of food with a strong odor, as milk absorbs smells in a most remarkable way. Where ice is hard to get, milk can be kept sweet by putting the enameled ware can in a pail of cold water, renewing the water from time to time.

Do you buy the same sort of tea when you intend to serve it iced as you do when you serve it hot? If so, the chances are that your iced concoction will fall far short of perfection, for not all teas can stand the ice-tea test, though they may be the best in the world when otherwise prepared.

The thick India teas, for instance, though usually of unquestioned quality for ordinary purposes, are not attractive for iced tea. They have a tendency to "cream down" which prevents them from making sparkling beverages, though they may be just

the ones you will like for serving hot with cream.

Select, rather, such teas as the Congous, Oolong and Ceylons when iced tea is your objective. You will often hear the Congous spoken of as "English breakfast tea", on the markets here. Of the Congous, the North China varieties are considered choicest.

The Oolong teas are those that have been partly fermented. Their characteristics seem to stand between those of green and black teas.

Ceylon teas somewhat resemble the lighter-bodied one of the India teas. They have an exquisite flower-like fragrance, which, however, is transitory.

### BOILED GREEN CORN

Remove the silk and husk from corn, place the ears in boiling water. Cook the corn until no juice flows from the kernels when pressed usually from 12 to 20 minutes.

Corn may also be cooked by

cutting through the center or each row of grains, slicing off the tops of the kernels, scraping the pulp thoroughly from the cob, seasoning with salt and pepper, adding a little milk and butter, and permitting to simmer for a few minutes.

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