

BABY'S CORNER

MILK—ALL ESSENTIAL IN THE DIET.

By Edith Knight Hill.

In a large number of the schools of the state of Oregon the milk survey has been made. That is, the children have been asked how many get no milk; how many get a cup and how many receive a pint or over in their daily diet. To those who know the real food value and the essential qualities of dairy products,

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"THE GYPSY TRAIL"

the answers have been alarming. Or, rather they would be alarming if it were not for the fact that the parent-teachers associations are doing the follow-up work by having programs that call attention to the fact that milk is nature's best food. There are no substitutes for dairy products. Remember that. Nothing can take its place. Every growing child absolutely needs milk and its products and so does every adult who would keep in good physical condition.

In a wide survey there are two answers given by the parents of children who do not get milk in the diet. One is "the price," the other, "the child does not like milk." In answer to the first, I would say: Milk is not as high as most articles of food and not nearly so high as others in proportion to its value in food content, nourishment and lime that repairs the bones and keeps the teeth in condition. When we think of the high price the farmer had to pay for feed, for wages, for milk cans, for everything that he uses on the farm or dairy; when we think of the expensive delivery system in the city where every bottle even at carload rate costs nearly 9 cents, and the smaller bottles 6 cents; where auto trucks must be bought and kept in order and run,

and when we consider that it is very expensive to deliver to our doors the clean, pure milk, we cannot wonder that it costs. Besides, in order to get good milk in the first place a vast amount of money must be invested in high grade dairy cattle and property and equipment. And the dairyman deserves to live. He certainly works hard. Many of you have heard that a quart of milk is equal to eight eggs in food value. This is true. Now, pause for a moment and consider what eight eggs cost. Compare the price with that of a quart of milk and what is the answer?

Do you remember what we paid for a broom a few years ago? Brooms have gone up far more than milk in comparison. So have shoes and coats and wages and rents and so has candy and ever so many other articles, and yet we buy these. But milk goes up a cent a quart and we say, "Let's stop taking milk." My friends, before you take a step of that kind, consider these facts: Milk is nature's best food. It is essential to proper growth. It assures dimpling smiles and rosy cheeks and robust health. Every child should have at least a pint a day. In some Oregon schools we find that about one-third of the children are getting no milk. Their parents should realize that this is serious. There is in the butterfat a vital that is good for the eyesight. This may sound silly but it is true. Experiments covering a period of many years have been made and they have demonstrated the fact that without this element blindness may ensue. There's lime for bone and teeth, iron for the blood, sugar of milk, the finest sugar in the world, and there are other ingredients all necessary to the upkeep of the system. All are found in milk perfectly proportioned, and blended by the great artist hand of nature. You cannot afford to give the child milk you say. I tell you you cannot afford NOT to give the child milk. Cut down on some other things, but I beg of you to give the family milk.

I like the story of the little girl who heard her teacher lecture on the vital value of milk. The child said: "Teacher, we don't take any milk. Pa and Ma have a little cream in their coffee, but we don't take any milk." She was a thin, sallow-looking child. In a few days she came back to school beaming with happiness. "Teacher," she said, "I told the folks about milk and we are taking two quarts now. And, teacher, father is awful glad you told me that. He drinks one quart, and us nine children and Ma get the other quart." Well, father knew what was good, anyway.

I wish I could get the price of milk down lower for all of those who object to its height, but if that came down under present conditions the dairymen couldn't afford to feed the cows and they'd have to kill some of them off and after a while there would be a shortage, and up would go prices worse than ever.

For those who say the children don't like milk, I would say: Haven't they heard their elders say it, and aren't they imitating them? Put a couple of drops of vanilla and a teaspoon of sugar in the milk and let the child drink it through a straw and the novelty will fascinate him. Or, make some cocoa. On a cold day a cup of hot milk with a little cocoa and sugar will be just the thing after school. A cheese sandwich will be good for the boys and girls, and let them have real butter. Some mothers ask me if I approve of so-called substitutes for butter. I do not. They certainly are cleverly blended but they aren't butter and they have not its value. Eat those fat, alluring oil and grease blends if you insist, but don't give them to the growing child. I know a woman who gives her children many a dime to spend on gum, candy and pickles, but says she can't afford milk and butter. And you should see the blotchy skins and scrawny appearance of these children.

I want every mother to think deeply on this subject. See that your milk man gives you good, rich milk. If he doesn't, get after him. If the dairy is dirty, report him to the inspector, the health bureau or the dairy and food commissioner. I am a friend of the dairy man and realize that he is an important factor in the standard health of the community and he should have your co-operation, but if he isn't up to standard himself, he needs rousing. Insist on good, fresh butter. Don't take any make-believe or bad butter. Get good cheese when you buy it. Wonderfully fine cheese is made in Tillamook and in Coos and Curry counties in this state. No need to tell you to feed the children ice cream. It is valuable food, as well as a favorite dessert. If you have sour milk, make some gingerbread or biscuits with it. Cottage cheese makes a nourishing and popular dish also. Skim milk can be used to advantage in cooking and in cocoa or chocolate, and if bread and butter are served with it, the essential butterfat is supplied. But as a drink the whole milk is, of course, the best.

I have been giving milk talks in school rooms and have asked all who do not use milk to raise their hands, and invariably have found the brighter children drink milk. It is alarming to note how many youngsters are getting coffee three times a day. They should be receiving milk. I have no quarrel with the coffee man, but I want the children to drink nature's best food. Milk is a food, remember. When we take it we should sip it slowly and then we shall get best value. Just for curiosity, ask the teacher to notice how your child gets along if you start him on milk now. If you have no children and have some cash you can spare, find some poor little child and send it a quart of milk a day. You'll be getting big returns when you pay the bill and realize that you are building humanity and are help-

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"DOWN ON THE FARM"

ing to assure health and strength to one of God's little ones.

Some teachers' associations have set aside \$100 to use in supplying milk for under-nourished children. Do you realize that one out of ten little ones die of malnutrition and that the lack of milk is the cause of most of the under-nourishment.

I am not a visionary person who knows nothing about children. I have children of my own and have practiced what I preach. I am not asking you to consider this from any self-interested motive, except that I want Oregon to be known far and wide as a state wherein the people are healthy and happy. If we eat the right food and think good thoughts we are pretty apt to do good deeds and to be successful.

Let's give this milk question our consideration. Do you know that \$250,000,000 are invested in this state in dairies, creameries, cheese factories, cows and other things pertaining to the dairy industry, and that Oregon is beginning to be known as a great dairy state. People are awakening to the importance of Madam Cow.

Would Quash Indictment Against Mine Operators

INDIANAPOLIS, Ind., May 7.—Motions to quash the indictment against 115 bituminous coal miners and operators of Indiana, Ohio, Illinois and Pennsylvania were filed in the federal court here this afternoon by Charles Evans Hughes, chief counsel for the indicted miners and Samuel D. Miller and James A. Birmingham of counsel for the operators.

LIBRARIES SAVE READERS MONEY

Instances Known of Persons Rescued From "Wildcat" Stock Promoters

Speculation in "wildcat" stocks which has caused enormous losses in the last few years, is being checked, not only by investigations conducted by municipal chambers of commerce and kindred organizations, but by public libraries. Thousands of dollars have been diverted from spurious or doubtful enterprises and much misery spared by information obtained from books on library shelves dealing with the fundamentals of the proposition which "promised" large and quick returns on the investment.

A man in a middle western city recently lost a large sum by investing in a gasoline producing proposition without informing himself on its feasibility. Another saved himself thousands by going to the public library and reading about the technology of gasoline making, and enormous amounts of money could be saved by persons in every walk of life if they would obtain authentic information before they undertake the particular proposition in which they are interested.

A vast store of technical information is available at the public library and its widespread use will

tend to eliminate many sources of waste and useless effort in the industrial and business world. The enlarged program of the American Library association purposes to promote good reading and universal self-education through books and libraries and create a public sentiment that will adequately support existing libraries and cause libraries to

be created where they do not now exist. To carry out the provisions of this program, a fund of \$2,000,000 is now being raised by librarians, library trustees and friends of libraries without recourse to an intensive drive.

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- 12 1/2 to 2... **\$2.65**
- Misses' \$2.75 and \$3.00 white Canvas Shoes and Mary Janes, sizes 8 1/2 to 2... **\$1.93**
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- \$8.50 Men's Brown Oxfords, English last, all sizes. Special... **\$5.96**
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- Men's \$15.00 Washington Dry Sox Shoes, while they last... **\$11.44**
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