

# Diet and Health

By Lulu Hunt Peters, M.D.  
Author of  
"Diet and Health" and  
"Diet for Children"

Answers to Mothers  
God could not be everywhere; therefore  
He made mothers.—Jewish proverb

**Thumb Sucking**  
WHAT will stop thumb sucking in a child of three and a half years? We have tried a number of preventives, but have been unsuccessful. MRS. R.

The only thing that will stop a child of three and a half years, or younger, from sucking his thumb or fingers, is to put either a splint or some other contrivance on his arms which prevents him from getting his hand to his mouth. A splint can be made of heavy cardboard rolled around and covered with a wide bandage, and pinned securely in his sleeve. The success of the treatment depends upon the splint's being kept on day and night for perhaps many days until the child forgets, and the pathways worn in the brain tissue from the habit are obliterated from non-use.



LULU HUNT PETERS, M.D.

It is very necessary to break a child of thumb or finger sucking, for he not only will deform his hand, but he will deform his mouth and nose. This will block the passages and favor the growth of adenoids, and the results will show themselves in the general health as well as in the facial and hand deformity.

We have a list of modern books on the general care and feeding of children which you may have.

"I have a little girl of two years who, though she was raised on the bottle, has steadfastly refused to drink milk since the bottle was taken away from her. Before I took the bottle from her I tried, without success, to get her to drink milk from a cup. She eats peas, spinach, etc., and an abundance of cereals of all kinds, and both cooked and fresh fruits; yet her father feels that milk is absolutely necessary for children. She weighs 36 pounds and is 35 inches tall and has good health. I use all the milk I can in preparing food for her. Is extra milk necessary?" MRS. B.

The extra milk is not necessary if she gets the equivalent of three glasses of milk in her custards, soups, dressings, etc. However, it is better for her to get the equivalent of milk. Buy some dishes especially for her—a pretty pitcher and cup and saucer.

**Soothing Veils**  
"What, if anything, does it indicate if a child is born with a so-called veil on its face?" MRS. L.

It does not indicate anything, Mrs. L., except that the protective sac over the child was not ruptured before birth. This occasionally happens. It used to be believed that a child born with a veil was going to be a soothsayer or some sort of great occult powers, but this is nothing but a superstition, just as soothsaying is.

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**Household Hints**  
BY MRS. MARY MORTON  
Today's Receipts  
Lamb Stew—Choose either the breast or shoulder of lamb. Have the butcher cut it into pieces handy for serving. Brown meat in a little fat, then put into stew pan, cover with hot water and cook very slowly until the meat is tender, two hours. Add onions, carrots, turnips, potatoes and any other vegetables you may choose. Cook gently until they are done, season with salt and pepper and serve. Or you may remove the meat to a platter, and thicken the liquid and serve separately.

**Dr. Mellenthin**  
SPECIALIST  
In Internal Medicine for the past fifteen years  
DOES NOT OPERATE  
Will be at  
Marion Hotel Friday, Feb. 8  
Office Hours 10 a. m. to 4 p. m.  
One Day Only  
No Charge for Consultation

**Cream Tapioca Pudding**—Two cups of milk in double boiler twenty minutes. Add yolks two eggs mixed with two tablespoons sugar and pinch of salt. Cook until thick, take from fire and fold in whites of eggs stiffly beaten and a teaspoon vanilla. Serve cold.

**Suggestions**  
**Meat Rollups**  
Make a good rich biscuit dough, put your left-over meat through a food grinder and season well with salt and pepper, and if it appears too dry add a little gravy or cream.  
Roll out biscuit dough to about one-quarter-inch thickness, spread with thick layer of ground meat. Roll up as for jelly roll. Cut off three-quarter-inch slices and place with cut side down, on baking sheet. Allow to stand five minutes before baking, then bake in hot oven until a golden brown. Serve with white sauce and garnish with parsley.

**Laundry Collars, Cuffs**  
Light collars, vests and cuffs give a chic and becoming touch to the dark dress. To launder them cover your ironing board with a towel or some other absorbent material, lay the collar, cuff or vest flat on it, and iron as usual. This method will prevent the material from becoming yellowed and will keep it looking like new.

# Passed Up!

THE STORY OF A GIRL WHO MADE MEN LIKE HER  
By ROE FULKERSON  
© 1923  
By Central Press Association, Inc.

READ THIS FIRST:  
Betty Brown went in for mental culture at school only to find herself unattractive to men. At a dance social she decides that men are more attracted by the physical and concludes to take up dancing. Driving home from a social she is kissed by a casual acquaintance.  
(NOW GO ON WITH THE STORY)

**CHAPTER VIII**  
In spite of Mrs. Brown's statement that Betty could save money on her summer clothes by going to Sellkoff's Summer School of Expression in a camp near the city, she bought Betty two nice sports suits. One had a white pleated skirt and white blouse with a geometrical design worked in green; the other was a plain white linen dress with a gay flowered jacket. These were to be worn with new white slippers at the Saturday night dances. Lois had told Betty the girls never wore evening frocks at the dances.

Betty bought ballet slippers with box toes, shoes with metal tips for tap, and a pair of doekin sandals. The mirror lid, the many grease paints, powders, rouges and lining pencils so fascinated her that she sat on the floor of her room to experiment with them.

She recalled that the girls at the theatre had blue on their eyelids. She tried this, but the effect was weird. Leaving this on she began to experiment with some of the other pencils, deepening the lines from the edge of her nose and between her eyebrows in an attempt to make her eyes look like the woman playing a character part.

Engrossed in what she was doing, she did not hear her mother enter her room.  
"Go wash your face!" Her mother's stern command came from the open door.  
"Mother, was I just playing?" defended Betty.

"I know what you are doing! You are painting yourself up like sorbent material, lay the garment flat on the board, and apply like warm soapuds to the soiled portions with a soft brush or a clean piece of cloth. Go over the surface with clear warm water, then place between two dry towels in order to absorb as much of the moisture as possible. Iron while still damp.

**Use Two Baskets.**  
When doing the family washing you will find that two small clothesbaskets (two clean bushel baskets may be used) instead of one large one, are more convenient. Take all the articles which are not to be ironed, fold them smoothly when taking from the line, and put them into the one basket. Then fold the rest of the clothes, sheets first, then towels, pillow cases, etc., leaving the starched clothes last, and place them in the other basket. The starched clothes may then be sprinkled for ironing and the rest need not be handled more than the once. Stockings, etc., may be taken directly from the basket, mended and put away.

New dimites and batistes for summer gowns are showing the colored ground that were liked last year. White grounds are also used, of course.

**Coming to SALEM**  
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orate their cars. The owner rose and bowed from the hips as the car stopped.  
"Everything is all right now!" he cried joyously. "Lafayette, I am here!"  
"For the love of mud!" exclaimed her father. "Who is that?"  
"Come in and meet the family!" called Betty.  
Throwing his feet over the door of the car the youth came up the walk and reaching for Mr. Brown's hand said: "Mr. Brown, I congratulate you on your daughter. Your wife must be a very handsome woman, and you a very happy man. I am Harry Ford. No relation of Henry's, except that I am one of his most valued patrons, purchasing his product when other people despair of making them gallop again."

"You are fresh!" she laughed. "Fresh as succotash right off the vine," he admitted. "Butter, boys, onions and all the other vegetables are better fresh."  
"I mean you were fresh when you brought me home the other night."  
"What are you talking about?" "You kissed me!"  
"Don't they all?"  
"Indeed they do not!"  
"Now if you say you aren't that kind of a girl, I'm going to seal a doodad I have under the seat and you'll be thrown out of the car! I kissed you because I thought you expected it. I can assure you, that's me! I'm no slave to kissing!"  
"You didn't mean to peeve you!" cried Betty.  
"Oh, goosh, little gel, that can't be done. I'm never angry. I'm superior to the ordinary emotions. That's I'm. I may be a bit unconventional, but I never carry it too far. I wouldn't think of falling to kiss a girl I like."

"Do you like me?"  
"Leah and I are here, aren't we?"  
"Leah?"  
"Yeah, the car. She is Leah. I found her forsaken in a junk yard. I read somewhere about Leah the Forsaken, so I named her Leah. We are here and we would not be here if we didn't like you."

"Why?" demanded Betty.  
"Why do I love to sniff a violet? Why do I love to listen to the sobbing saxophone? Why do I love to look at a—say! Don't pick your dinner to pieces. Eat it!"  
"Now for the great, wide, open spaces where we can park under a tree instead of a street lamp!" cried Harry.  
Betty sat watching him with amusement for a moment, and then asked: "How did you find out my name, Mr. Ford?"  
"I asked Lois, Miss Brown! Where do you get that Mister stuff, Betty? You called me Harry a minute ago. I can prove it by your father."

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Betty abandoned her attempt to get a compliment out of him, and chatted foolishness till ten o'clock when he headed Leah home. Although there was no one on her veranda, he made no attempt to kiss her good night. She was disappointed.  
(To Be Continued)



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