Dietand Passed By Lule Hunt Peters M.D.

Author of "Diet and Health" and-'Diet for Children "

God could not be everywhere; there-fore He made mothers.—Jewish Pro-

Thumb Sucking THAT will stop thumb sucking in a child of three and tried a number of preventives, but to Selikoff's Summer School of



hand to his splint can be tutu Munt Peters, M.O made of heavy cardboard rolled around and covered with a wide bandage, and pinned securely in his sleave. The success of the treatment depends upon the splint's being kept on day and night for perhaps many tisse from the habit are obliter-

ated from non-use. 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 hoth as well as in the facial and hand deformity.

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

"I have a little girl of two years who, though she was raised on ing a character part. the bottle, has steadfastly refused to drink milk since the bottle was taken away from her. Before I enter her room. took the bottle from her I tried. without success, to get her to mother's stern command came drink milk from a cup. She eats from the open door. 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.

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

Do you drink milk yourself? Adults should have two glasses of it a day, so you and father have a glassful before her. Children are one large one, are more convengreat imitators.

Soothsayer Veils "What, if anything, does it inateate if a child is born with a

so called veil on its face? It does not indicate anything. Mrs. L., except that the protective sac over the child was not rupof some sort with great occult mended and put away. powers, but this is nothing but a superstition, just as soothsaying is.

Editor's Note: Dr. Peters cannot diagnose, nor give personal advice. Your questions, if of general interest, will be answered in the column, in turn. Requests for articles must be accompanied by a fully self-addressed, stamped savelope and 2 cents in coin for each article, to cover cost of printing and handing. For the pamphlet on reducing and gaining, 10 cents in coin, with fully self-addressed, stamped envelope, must be enclosed. Address Dr. Peters, in care of this paper,

Household Hints

Today's Recipes 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 say, two hours. Add onions, carrots, turnips, potatoes and any other vegetables you may choose, cook gently until they are done, season with alittle pepper and salt, and serve. Or you may remove the meat and vegetables, arrange them on a platter, and thicken the liquid and serve sep-

Cream Taploca Pudding-Two one pint of milk in double boiler twenty minutes. Add yolks two graduate in medicine and surgery eggs mixed with two tablespoons and is licensed by the state of sugar and pinch of salt. Cook un- Oregon. He does not operate for til thick, take from fire and fold chronic appendicitis, gall stones, in whites of eggs stiffly beaten ulcers of stomach, tonsils or and a teaspoon vanilia. Serve adenoids.

> Suggestions Meat RoRlls

Make a good rich biscuit dough, a food grinder and season well with salt and pepper, and if it appears too dry add a little gravy

one-quarter-inch thickness, spread one of the other of the above with thick layer of ground meat, named causes: Roll up as for jelly roll. Cut off three-quarter-inch slices and ploce with cut side down, on boking 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.

Laundering Collars, Cuffs Light collars, vestees and cuffs give a chic and becoming touch to the dark dress. To launder them cover your troning board Address: 224 Bradbury Bidg., with a towel or some other ab-

Betty Brown went in for mental culture at school only to find herself unattractive to men. At a dance recital
she decides that men are more attracted
by the physical, and concludes to take
up dancing. Driving home from a country club, where her friend Lois has
danced, she is kissed by a casual boy
acquaintance.

one of those brazen women of
the try come in and meet the family!" called Betty.

Throwing his feet over the door
ing! You are stage struck alof the car the youth came up the
walk and reaching for Mr.

"Lois says that when you dance
Brown's hand said: "Mr. Brown,

(NOW GO ON WITH THE STORY) CHAPTER VIII

In spite of Mrs. Brown's statement that Betty could save money a half years? We have on her summer clothes by going preventives, but essful. MRS. R."

Expression in a camp near the city, she bought Betty two nice that will stop a child of three and a half in green; the other people design worked in a half in green; the other people design worked in green; the other people despair of making them gallop again."

"Indeed they do not!"

"Indeed they do not!"

"Now if you say you aren't that will stop a gain."

"Now if you say you aren't that will stop a condition of the seat and white blouse in the only mother you have in the only mother has a half in green; the other people despair of making them gallop again."

"Indeed they do not!"

"Now if you say you aren't that will says. Your father has a half in green; the other people despair of making them gallop again."

"Now if you say you aren't that will says. Your father has a half in green; the other people despair of making them gallop again."

"Indeed they do not!"

"Now if you say you aren't that will says. Your father has a half in green; the other people despair of making them gallop again."

"Indeed they do not!"

"Now if you say you aren't that will says. Your father has a half in green; the other people despair of making them gallop again."

"Now if you say you aren't that in green; the only mother you have in the world says. Your father has a half in green; the other people despair of making them gallop again."

"Now if you say you aren't that will stop a green, the only mother you have in the only mother you have in the only mother you aren't that in green, the other people despair of making them gallop again."

"Indeed they do not!" have been unsuccessful. MRS. R." Expression in a camp near the in green; the other was a plain white linen dress with a gay flowng his thumb ered jacket. These were to be worn with new white slippers at the Saturday night dances. Lois had told Betty the girls never

ips for tap, and a pair of doe-tion to me. Dancing may help, fifteen pounds on the other side. which she would use for both George Harris next door." iancing and swimming.

to get whatever she needed. She looks. "Go and wash your face pitching, snorting and rearing to was elated over the outfit she and come and help me get your go?" days until the child forgets, and packed in her bag. But greater father's dinner. I'm just oldthe pathways worn in the brain than her delight in her clothes fashioned, that's all." was the thrill of a professional make up box she bought under Lois' direction. The mirror lid, cold cream before putting on the ry started it with a rattle and a the many grease paints, powders, grease paint and the paint had roar, waving his hand at her let? Why do I love to listen to couges and lining pencils so fascinated her that she sat on the with them.

She recalled that the girls at show themselves in the general lids. She tried this, but the efthe theatre had blue on their eye-'ect was weird. Leaving this on. he 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 herelf look like an old woman play

Engrossed in what she was doing, she did not hear her mother "I have just had my dinner. Now "Go wash your face!"

"Mother, I was just playing!" defended Betty. "I know what you are doing!

You are painting yourself up like

She weighs 36 pounds and is 35 sorbent material, lay the garment inches tall and has good health. I flat on the board, and apply like. ng. It was the boy who had use all the milk I can in preparing warm soapsuds to the soiled por- kissed her good night in the car. 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 wash ing you will find that two small

ient. Take all the articles which are not to be ironed, fold them moothly when taking from the line, and put them into the one basket. Then fold the rest of the lothes, sheets first, then towels pillow cases, etc., leaving the starched clothes last, and place hem in the other basket. The starched clothes may then be tured before birth. This occasion- sprinkled for froning and the rest ally happens. It used to be be- need not be handled more than lieved that a child born with a the once. Stockings, etc., may be vell was going to be a soothsayer taken directly from the basket.

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

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THE STORY OF A GIRL WHO MADE MEN LIKE HER by Central Press Associ

one of those brazen women of

"Lols says that when you dance your face. That's one of the things Selikoff teaches."

icked her tone. "I have heard stores underselling him without sense. No good will come of it, I tell you!"

wore evening frocks at the dances. thought of going on the stage. I bias because my side is lopped Betty bought ballet slippers just want to make myself attractor. I hope to get a weight of be done. I'm never angry. I'm with box toes, shoes with metal live. Men never pay any atten- about one hundred and ten or superior to the ordinary emokin sandals for the other forms I'm not pretty like you were when What do you weigh, Betty?" of dancing. Lois went with her you were a girl. A lot of boys o a shop which specialized in wanted to marry you, but none believe, Harry." hese and also helped her to se- of them want to go around with ect the one-piece bathing suits me except that miserable, slow ry continued to Mr. Brown.

much scrubbing she got it off. street. loor of her room to experiment After dinner she had a telephone

"Hello, light of my life!" said man's voice. "This is Betty Brown speak-

Betty thought there was

ome mistake. "About a hundred years ago, then. I was a wee child, my nother made a dessert she called a Brown Betty. I liked it better than anything I have seen since antil I met it in reverse in Betty Brown!" the voice went on, glibly. want my dessert. I thought you might grace my humble flivver with the bright light of your mile. I will be honking madly at your front door in five minntes. I well know you can't reist me.. 'Bye dear. Powder our nose and we'll motor hither

Without waiting for an answer She was glad she was going out with him, although she resented the impudence of his not waiting or her to consent. She followed his admonitions.

ind yon!"

however, and powdered her nose. she started to explain to her parents that she was going out, but uddenly remembering that she had no idea what the boy's name was, feared to do so. She took her eat in the porch swing with her ather.

In a few minutes a disrepuable, dusty car, with rattling feniers, pulled up in front of the louse, the driver honking vigorously. On its sides were the igns with which college boys dec-

jorate their cars. The owner rose a tree instead of a street lamp!" and bowed from the hips as the cried Harry.

car stopped. "Everything is all right now!" he cried joyously. "Lafayette, I then asked: "How did you find am here!" "For the love of mud!" ex-

claimed her father. that?"

Brown's hand said: "Mr. Brown, boys, onions and all the other in public you have to make up I congratulate you on your daugh- vegetables are better fresh." ter. Your wife must be a very handsome woman, and you a very "Lois says!" Her mother mim- No relation of Henry's, except that happy man. I am Harry Ford. night." nothing for a week except what trons, purchasing his product

to remove that disturbance as to kissing." "Why, mother, I am not doing soon as the springs are properly "I didn't anything wrong. I have no balanced. It is running on the cried Betty. "Enough for your purpose,

"We are old schoolmates," Har-'Flunked in algebra the same we?" "There, there, dear," said her year, that's why she calls me by All these cost quite a bit of mother, somewhat mollified by my first name. May I take her money, but her father told her Betty's reference to her good hither and you in the vehicle now

> "If you won't go far from Betty had trouble removing the get back!" assented Mr. Brown. grease paint. She had not used They got into the car and Harfilled the pores of her skin. After father as they headed up the the sobbing saxophone? Why do

> > spaces where we can park under it!"

amusement for a moment, and out my name, Mr. Ford?"
"I asked Lois, Miss Brown!

"Who is Where do you get that Mister stuff, Betty! You called me Harry a minute ago. I can prove it by your father."

"You are fresh!" she laughed. "Fresh as succotash right off the vine." he admitted. "Butter.

"I mean you were fresh when you brought me home the other

"What are you talking about?" "You kissed me!"

long, are you?" He pointed at the car! I kissed you because I thought you expected it. I can "I hope not, sir. I am going alone. That's me! I'm no slave

"I didn't mean to peeve "Oh, gosh, little gel, that can't

tions. That's I'm. I may be a bit unconventional, but I never carry it too far. I wouldn't think of failing to kiss a girl I like." "Do you like me?"

"Leah and I are here, aren't

"Leah?" "Yeah, the car. She is Leah. found her forsaken in a junk yard. I read somewhere about Leah the Forsaken, so I named her Leah. We are here and we telephone so she can call a cab to would not be here if we didn't like you."
"Why?" demanded Betty.

"Why do I love to sniff a vio-I love to look at a-say! Don't

"Now for the great, wide, open pick your dinner to pieces. Eat

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Betty abandoned her attempt o'clock when he headed Leah tempt to kiss her good night. She to get a compliment out of him, home. Although there was no one was disappointed. Betty sat watching him with and chatted foolishness till ten on her veranda, he made no at-



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