

Diet and Health

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

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

My little girl of 12 eats so much that I fear she has a tape worm. She has these or four helpings of everything on the table, except meat. Of which she eats as two, and sometimes six slices of bread, also milk and dessert. A n d still she is thin! The school doctor says she should weigh 105 for her height and she weighs only 98. How can I tell if she has worms, as she never complains and is never sick, but always eats through tables and fruits and lots of them and milk. Do you think I need worry?
MRS. P.

Active children need a tremendous amount of food, Mrs. P. The overweight child eats too much, especially of the starches and sugars, but a thin child very rarely overeats. And a thin child needs more food than the normal weight.

It is a common idea that a voracious appetite means a tape worm. It isn't true. The host of a tape worm is more apt to have a finicky appetite. But Mrs. P., if your little girl had a tape worm she would be passing segments of it and would probably be having abdominal symptoms. If she is as well in all ways as you say she is, she must be extremely active and uses up all the food she eats for her excess activities. For her growth. You would probably get her to gain if you see that she rests more. Have her lie down even if she doesn't sleep, or an hour or so every day. See that she gets long hours of sleep at night. We have a list of modern books on the general care and feeding of children which you may have.

Peter's Adventures

THE SMALL BROWN "STUMP" RUNS AWAY
It was on a brisk morning that Peter started for a walk in the forest. As he trudged through the thick leaves he remembered the day he had saved the life of the Old Oak Tree, and the tree, in gratitude, had given him the magic power of speech with all the birds of the air and creatures of



the field and forest. His fingers caressed the tail of a blue lizard which kept him from harm in his wanderings. At the edge of the woods he spied a beautiful tree in its autumn dress. "Why that tree looks just as if it was on fire!" cried Peter. Looking at its leaves which Jack Frost, with his magic brush, had painted flame color. "And that little tree over in the corner—it shines like a pile of gold!" Ooh! whoever would think that an old stump could be as pretty as this! It is just as green as if it was the middle of the summer. How glad I am that I chose outside, what will it be in among the trees? I'll bet there'll be lots of things to see."

With a shout the boy dashed straight into the woods, scuffling up the dried leaves as he ran and laughing just for the joy of being a boy in the open on such a beautiful day. But by and by, as he went farther and farther into the woods,

It grew quieter and quieter, and by and by the boy grew quiet, too. It didn't seem just right, somehow, to make a noise that would wake the stillness. "I guess I'll make believe I am an Indian," said the boy under his breath, and he stepped softly upon the leaves, trying his very best not to make them rustle. There was something on the ground in front of him that looked like a brown stump. What was it? Peter crept forward to see.

Nearer and nearer crept Peter toward the queer brown hummock. At last he stretched out his hand to touch it, when something happened that made his heart jump up into his throat. So startled was he that he didn't notice an old tree root sprawled across his path, and down Peter went, head over heels among the leaves. "Quit! Quit! Quit!" The small brown stump that wasn't a stump at all kicked up the leaves all about it, throwing some into Peter's eyes, and away it ran as fast as it could tear, scolding the boy for disturbing the peace. Peter sat up and brushed himself off.

"That is the worst fright I have had yet," remarked he aloud. "Playing with the bugs and birds as long as I have ought to make me used to most anything, but I am never ready for these all of a sudden folk. Now, who could that creature that I took for a stump have been? Why couldn't he have made himself known without rushing off like that? "My, but he was angry! And I wouldn't have hurt him for anything. Maybe if I hurry I can catch him, and when he knows that I didn't even see him and wouldn't have scared him if I had known he was there that he will make friends with me. I believe he went this way. These leaves don't seem to lie quite so thick. Next: "She's Fooling You!"

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SPECIALIST
In Internal Medicine for the past fifteen years

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One Day Only
No Charge for Consultation

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He has to his credit wonderful results in diseases of the stomach, liver, bowels, blood, skin, nerves, heart, kidney, bladder, bed wetting, catarrh, weak lungs, rheumatism, sciatica, leg ulcers and rectal ailments.

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John Olson, Astoria.
Joe Sheeships, Gibbon.
Mrs. Walter Scott, Scotts Mills.
Mrs. John Van Beveren, Baker.
D. I. Wagenblast, Portland.
Mrs. H. E. Walters, Maupin.
Mrs. Jennie Woolery, Salem.
Remember above date, that consultation on this trip will be free and his treatment is different.

Married women must be accompanied by their husbands.
Address: 224 Broadway Bldg., Los Angeles, California.—adv.

SALLY'S SALLIES

A short time ago I ran a letter from a mother who had a 18-year-old son and had always longed for another child. She was very happy when she found she was with child again, but her friends discouraged her, saying it was a disgrace, as her son was nearly a man, and she would have a hard time, etc. My advice to her was to be happy over the advent of her baby and not allow friends' abnormal ideas to worry her.

In this morning's mail there were several letters from readers who have had similar experiences, and two of them wrote directly to Mrs. M., requesting that I send the letters on to her. So much kindness this little column of mine shows there is in this world! But, dear followers, we do not keep names and addresses of our correspondents, so we cannot forward letters. However, I will run part of the first letter—the other was similar—for it will be helpful to many women who are going to have children later in life. This is it: "Dear Mrs. M.: I read your letter in Dr. Peters' column and I felt I must tell you of my experience, as it will encourage you. "Six years ago, when I was 45 years old and my youngest child was 13 years old, my son nearly 20 and my eldest daughter 18, I found I was to have another. My kind (?) friends were sure I could not live through, as I had even when I was much younger; had serious times with the others. But I never got along so well before! And I gave birth to a lovely boy with no difficulty. My children worshipped him and were proud and showed him off to everybody. "A friend of mine is 41 years

Household Hints

My favorite way of cooking ham is to parboil it by putting it in cold water, after washing, and letting it come to a boil, then putting it on again in fresh cold water and cooking it slowly until fairly tender. Take out of liquor, peel off the skin, rub dry mustard and brown sugar into the fat, stick cloves in here and there and



Love makes a man think one woman differs from all the rest.

old and has just given birth to her first baby. She did splendidly. Now, Mrs. M., just remember how much younger you are than I was and don't fret or worry. MRS. C."

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 envelope and 5 cents in coin for each article, to cover cost of printing and handling. For the pamphlet on reducing and gaining, 15 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
Butterscotch Dessert—Make a batter of three well-beaten eggs, two cups of brown sugar, one and one-half tablespoons cornstarch, one-fourth teaspoon salt. Allow three-fourths of a quart of milk to come to a boil and stir in the batter quickly. Cook for five minutes. When cool, serve with whipped cream, either sweetened or unsweetened, and sprinkle with chopped nuts.

Children's "Between" Meal
Active youngsters often come home from school hungry and unable to wait until mealtime. One mother prepares an egg nog for her children at noontime, as follows: Thoroughly beat one egg, two tablespoons of sugar and a teaspoon of vanilla, then add two large cups of milk, beat all till foamy and light, set in the ice box to chill. This makes two large glasses, which served with a sandwich, also made at lunch time and wrapped in waxed paper, nourishes them and satisfies their appetites till dinner is served.

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CAN YOU FIND THE TWINS?

Find them! Sure you can! They are all alike, you say! Whoa! Not so fast! They are not all clothed the same. Many young ladies look alike and the eighteen on this page look like each other, but the "TWINS" are dressed exactly the same, like all real twins. Now look again. How about the hats? Trimming is different, isn't it? That's where the fun comes in, finding the Twins.

CLUES

At first glance all of the pictures look alike. But upon closer examination you will see that almost every one differs in some way from the others. In some you will find a difference in their wearing apparel. Have they all ear-rings or necklaces? How about their coats and hats? Are they trimmed the same? Some have bands on the brims and crowns; others have not. Maybe the difference is just the buttonhole in the lapel of the coat.

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This is one of the greatest arrays of Cash Prizes that has ever been offered in a Portland Puzzle Contest. That's what it is folks—and you can be a winner. The Prizes range from \$2 to \$35 and from \$35 to \$1,600. All prizes will be awarded promptly at the close of the puzzle contest. Think of it! You can win as much as \$1,500. Yes, sir, \$3,000.00 in Cash Prizes may be won in this interesting puzzle contest, and will be awarded promptly after March 14th, 1929. There will be 25 winners and the First Prize, the golden opportunity, \$1,500 in CASH. In the event of ties for any prize, duplicate prizes will be awarded.

25 Cash Prizes

Listed below are the maximum prizes you can win:

1st Prize..	\$1,500.00
2nd Prize..	500.00
3rd Prize..	200.00
4th Prize..	100.00
5th Prize..	100.00
6th Prize..	75.00
7th Prize..	50.00
8th Prize..	50.00
9th Prize..	25.00
10th Prize..	25.00
11th to 25th Prize each..	20.00

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\$719.50 Whippet Coach Latest Model
EXTRA SECOND PRIZE \$75.00 FOR PROMPTNESS

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PUZZLE MANAGER, THE PORTLAND NEWS, PORTLAND, ORE.

Numbers.....and.....are the Twins that I have found. If these are correct, please give me the 25 points and tell me how to gain the final 25 points to win a First Prize of \$1,000 and a \$719.50 Whippet Coach.

Name

Full Address

(WRITE CLEARLY OR PRINT)

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One pound of Superior Coffee	48c
3 pounds of Mellow Blend Coffee	95c
6 pounds of Blue Rose Head Rice	39c
10 bars of White Wonder Soap	35c
Palmolive Soap 3 bars	22c
Old Dutch Cleanser 2 cans	15c
Crystal White Soap 12 bars	49c
Clorox Large bottle	16c
Large bottle of Large Bar Catsup	19c
Carton of Matches (6 boxes)	19c
3 cans of Grand Island solid, pack Tomatoes	45c
3 cans of Wax String Beans	35c
One quart of bulk Salad Oil	39c
Wesson Oil Quart	49c
Mazola Oil Quart	47c
30-oz. jar of Honey	49c
2 pounds Hoodys' Peanut Butter	35c
One large can Tuna Fish	22c
Bacon Squares Per pound	18c
2 pounds Salted Peanuts	35c
Large can Mackerel	15c
3 twin loaves of Bread	25c
3 pounds of large Italian Prunes	35c
3 pounds of Pacific Nut Margarine	57c
10 pound sack of Pastry Flour	39c
10 pound sack of hard wheat Flour	45c
9 pound sack of Fischer's Rolled Oats	45c
Swift's Premium Bacon Per pound	29c

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