

Good Eating Habits Are Started Early; Pointers Outlined by Foods Writer

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(Foods Writer)

This week's food story is devoted to ways in which wise parents can provide keys to the good eating habits of their children. So dominant is the emotional angle of child health today that the U.S. children's bureau has made this the Child Health Day theme for 1953.

President Eisenhower's proclamation, setting aside May 1 for the nation's children, focused around greater public understanding of the emotional, social and spiritual growth of children as one way to offset "stresses and strains of our times." The silver anniversary year for Child Health Day teams up with National Baby Week now being celebrated. Certainly better babies grow up to be better children, better adults.

The Key
Boys and girls between young children and adolescence are in that awkward, loveable, sometimes irritating stage, too often misunderstood. These children want to be so grown-up, yet they are still such babies at heart. Eating, sleeping and other routines tend to adjust themselves if boys and girls at this age find happiness, security and affectionate companionship in their homes.

Pointers for Parents
Parents, however, need to be relaxed and free from fatigue to cope with the spirit of these youngsters and to make a happy home. To promote good eating habits, wise parents will set a good example by eating the right foods themselves.

Assume children will accept the food served. Be calm and confident they will eat it and enjoy it.
Give children smaller servings, particularly of new foods. Let them ask for more.
Expect some table accidents. As awkwardness goes, good manners will come.

Let children share in table conversation. Encourage stimulating conversation. Refrain from using this time for scolding.
Encourage out-of-door play so that appetites will be keen, not fussy.
Establish the custom of a "quieting" time just before meals so children come to the table relaxed, not tense or exhausted.
Washing up, helping to put food on the table, pleasant mealtime; this is a good sequence.

Let children go marketing for the family sometimes, and add to mother's list some wholesome foods of their own choosing.

Help children learn to cook and serve. Sometimes let them prepare and serve a simple meal alone.
Let children feel that they are responsible for their own well-being and that they are expected to follow healthful ways of living, simple diet, thorough skin cleansing, regularity of eliminations, outdoor play, early bedtime.

Show an interest in the lunchroom and other health activities of the children's school.

Save some time each day for companionship with children to promote close family relationships.

Encourage children to "loaf" at home. They will find understanding and friendly guidance, games to play, the makings for milk shakes, lemonades, simple sandwiches.

The After School Snack
Make home the place children choose for entertaining. Urge them to bring their friends home. Good food habits and social ease develop with hospitality.

The after school snack is a "must" with many school-age children.
They'll be happy if mother is home when they come in from school. They'll enjoy an occasional surprise on the snack table.

They'll be proud to bring companions home where they can serve a little snack; let them have it right in the kitchen or take a tray out-of-doors. Make them responsible for both serving and cleaning up.

Ideal foods are fruit, fruit juices, milk, milk drinks, cookies, ice cream, bread and butter, raw carrots, crisp cereal with milk, baked custard . . . or lemonade and cookies.

Lemonade, Plain, Fancy
Just keep plenty of the frozen concentrate for lemonade on hand in your freezer or the refrigerator freezing compartment and let the young soda-fountain geniuses in your family operate at will.

Plain lemonade is wonderful and a 6-ounce can of the frozen concentrate makes a full quart in a minute. A topping of beaten egg white or marshmallow mix makes a frothy lemon float.

Mix the lemonade with other fruit juices, orange, prune,



For Children—Make home the place children choose for entertaining. Snacking for instance is a "must" with most school-age children; sharing snacks develops both social experience and personality as one can plainly see by looking at Patty Ann and Mike.

grape, apricot for popular fruit coolers.

For a party special, bake pink lemonade by adding cranberry or loganberry juice. Gingerale as a mix adds sparkle; or mix the frozen concentrate with soda or sparkling water and add a scoop or two of vanilla ice cream for a delicious ice cream soda. Cookies are the perfect accompaniment for lemonades.

Lemon Oatmeal Cookies
Use some of that frozen lemonade concentrate to add flavor and interest to these:

1 cup puffed raisins*
1 cup sugar
1 cup shortening
2 eggs
2 cups flour
2 cups oatmeal
1 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon cloves
1 teaspoon soda
2 tablespoons raisin juice*
2 tablespoons frozen concentrate for lemonade
1 cup nutmeats, optional
Simmer raisins* gently in a little water to "puff" them; drain, reserving 2 tablespoons of the juice. Cream together sugar and shortening; add beaten eggs and mix well. Add other ingredients in order given. Drop by teaspoonful on greased baking sheet and bake in 400 degree oven about 10 minutes or until done. About 4 dozen cookies.

Before storing meat, remove it from its wrappings; butcher paper absorbs juice and sticks to meat.

Asparagus Salad Good

Serve Asparagus-Appetizer salad with a zippy dressing to tempt tired appetites. A toasted cheese sandwich will make a wonderful plate-mate.

Mayonnaise Vinaigrette
1 cup mayonnaise
2 tablespoons French dressing
2 tablespoons cider vinegar
1 tablespoon chopped parsley
1 tablespoon chopped chives
1 tablespoon chopped pimiento
2 tablespoons bread and butter pickles.

Salad
18 stalks asparagus, cooked
3 hard-cooked eggs, sliced
Salad greens
Combine ingredients for Mayonnaise Vinaigrette and let stand in refrigerator for one hour for flavors to blend. Use only tips of asparagus for salad. Chill thoroughly. Arrange on individual salad plates with sliced egg and salad greens. Yield: 6 servings.

Here's a different kind of sandwich for lunch: Season creamed cottage cheese with a little grated onion or minced chives and spread between slices of whole wheat toast. Spoon hot tomato sauce over the sandwiches and serve at once.

Meat Sauce On Rice For Dinner

There will be no tardy tots avoiding the table if it is broadcast that rice with a savory Italian Meat Sauce is coming from the kitchen. The wonderful aromas from the skillet or the saucepan will be plenty of publicity to arouse any "dallying Dads" and bring them to the head of the table in a hurry.

Ground beef is browned until every bit of the meaty flavor is developed, then the meat is smothered with a tomato sauce. Rice is topped with this intriguingly good meat sauce and a dish which would please even Nero, is ready.

Rice and Meat Sauce
2 tablespoons fat
1/2 cup diced onion
1/2 cup diced green pepper
1 pound ground beef
2 8-ounce cans tomato sauce
1/2 cup tomato catsup
1 tablespoon worcestershire sauce
1 teaspoon salt
1/2 teaspoon pepper
4 1/2 cups hot cooked rice

Method:
Melt the fat in a saucepan or skillet. Fry the onion, green pepper and beef in the fat until the onion and pepper are tender and the beef is cooked through and slightly browned. Add more fat if necessary to keep mixture from sticking. Add the tomato sauce, the tomato catsup, Worcestershire sauce, salt and pepper. Cook over a low heat for 10 minutes. Serve over the hot cooked rice. This recipe makes 10 servings.

If you're the cook, give yourself a vacation once in a while and prepare easy menus. Here's the way to make a delicious Tamale Casserole. Empty into a casserole, 2 small cans chicken tamales, 1 can chili con carne without beans, 1 (4 1/2-ounce) can chopped ripe olives and 1 No. 303 can whole kernel corn. Bake in a moderate oven about half an hour.

Broiled Ham Steak Is Decorative for Sunday

Now here's a dish to hang your hat on! Make your "day or rest" a two-meal proposition by serving beautiful broiled ham steak decorated with pimiento-pineapple flowers for Sunday brunch. Guaranteed to satisfy even the most man-sized appetite and make it a long time before Sunday dinner.

The gay red of the canned pimiento and yellow of the pineapple add glamour, and the combination of flavors is wonderful! For other flavor interest, rub the ham with brown sugar and mustard before broiling.

Glamorize Ham
You'll need:
1 1/2 pounds of smoked ham steak cut 1 inch thick (serves 6)
1/2 teaspoon mustard
1 teaspoon brown sugar
6 to 8 slices of pineapple for flowers
1 4-oz. can of whole pimiento for flowers

Dill Pickles For Hamburgers

Let your favorite teen-ager try this clever shape variation of the ever-popular hamburger next time the youngsters stage a simple supper. Chopped dill pickles give a special flavor to delicious burgers that are broiled in the rolls and served with out Pickle Barbecue Sauce or your own favorite.

Zesty Dillburgers
(Makes 6 servings)
1 pound ground beef chuck
1/4 cup chopped dill pickles
1 teaspoon salt
1 tablespoon grated onion
1 teaspoon Worcestershire sauce
1 tablespoon catsup
6 frankfurter rolls

In a bowl, combine first six ingredients; mix well. Cut rolls lengthwise but do not cut through bottoms. Divide beef-pickle mixture into 6 equal parts and shape to fit frankfurter rolls. Place filled rolls on broiler rack; broil 4 inches from source of heat 5-7 minutes, or until burgers are done.

Hot Orange Juice Good for Variation

Nutritious warm drinks other than those involving milk, are few and far between. Had you thought of hot orange juice? Very little of the high Vitamin C content of orange juice is lost through the short heating required; so little that the juice is still the best source of this valuable vitamin. Heat only to serving temperature; do not boil. And of course, serve immediately.

serve this with hot biscuits and something as simple as scrambled eggs—the pimiento-pineapple flower will give each plate a gay, festive touch.

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