



As School Gets Under Way Mothers Are Concerned With Children's Food, Clothing and Health Problems



GIRLS CATCH UP WITH BOYS IN WEIGHT IN TWELFTH YEAR

It takes a long time to get there but after twelve years the average girl finally weighs more, by about a pound and a half, than the average boy of the same age, according to a tabulation of weights and heights of children made recently by a children's specialist of a large university. Every year before the twelfth the boys weighed more than the girls. In height, however, the girls caught up on the eleventh year. Following is the tabulation.

Age	Boys Weight, lbs.	Girls Weight, lbs.	Boys Height, inches	Girls Height, inches
1	20.5	19.8	39.0	38.7
2	26.5	25.5	32.5	32.5
3	31.2	30.0	35.0	35.0
4	35.0	34.0	38.0	38.0
5	41.2	39.8	41.7	41.4

It is pointed out that this tabulation is one of average weights for boys and girls and need not necessarily be taken as the normal for any individual youngster. What may be a perfectly normal weight and height, say for a child of tall slender parents, might not be normal for a child of shorter, heavier parents. Many factors enter into consideration of a "normal" weight and height. Proper food, proper play and proper sleep are vital to the well-being of every child.



"Mother Knows What's Best" This little girl, in play, is talking to her doll just as her mother talks to her. Of course Dolly wants to grow up!



"What th' Teacher Gives Us" In many schools on the Pacific Coast supplementary lunches are served the children. Graham crackers and milk compose the lunch.



If the kiddies develop properly, physically and mentally, and get the most out of their school year they must be healthy... Good food—such as fresh milk and health-giving Honey-Maid Grahams—and proper clothing is essential to healthy minds and bodies.

A Vexing Problem Solved

With a summer of carefree, healthful outdoor life behind them, the children of this city are now entering the school year when the mother's problem of proper food, and play, and other factors in youngsters' health are perhaps more vexing than during the months just past, health authorities agree. Graham crackers, with milk, can be helpful in promoting growth and development of children, according to school nurses who have had experience with these two food products as supplementary lunches. Analysis shows that these crackers contain bone and tissue building elements. They are palatable and pleasant to taste so children need not be strongly urged to eat them.

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