

WEEK'S SEWING BUY



made from 100-lb. feedbag. 9061 SIZES 5-10-12 M-14-16 L-18-20

by Marian Martin

Thirty! Takes only one 100-pound feedbag or 1 1/2 yards 39-inch fabric to make this gay kitchen cover-up! See the diagram—princess lines are so flattering—easy sewing! Choose prints, checks, plaids—make several!



A GOOD BREAKFAST is necessary even for the smallest member of your family. Fruit or fruit juice, cereal, egg, bacon and toast served with a glass of milk will make all the difference in the world in your child's progress at school and also will contribute to keeping his disposition sweet.

Breakfast

When a cranky child begs for a cookie right before lunch, chances are he gets it. Anything to quiet him, his mother decides, and makes a mental note to give him his lunch a little earlier the next time.

Instead of planning an early lunch, the mother here would be smart to remember what kind of breakfast he ate. A child especially needs a good breakfast! In fact, it's the most important meal of the day, because between breakfast and lunch youngsters use up much of their energy.

When you consider that by breakfast time a child hasn't eaten for about 12 hours, it's no wonder he becomes irritable after eat-

ing no breakfast or one too skimpy.

A conscientious mother establishes good breakfast habits, sees that her young child eats an egg every morning, drinks his milk and eats at least one slice of toast. These foods help supply the all-important nutrient protein, so necessary to keep little dynamos going. In addition to the protein, enriched bread furnishes active young bodies with important iron and B vitamins—certain nutrients children don't get too abundantly from other foods.

The next time your youngster isn't quite his sparkling bright, morning self, stop and think: Did he get a good breakfast?

Children quickly learn that coffee is for big boys and girls, but

if you want to see your youngster's eyes light up, give him coffee cake along with his morning toast—the name alone entices him. Even the "sleepiest" grown-up appetites find coffee cakes and sweet buns a deliciously easy way to help get the 25 per cent to 33 per cent of the day's food needs that breakfast should supply.

LUNCH BOXES

A juicy red Delicious apple makes a nice lunch box surprise for Dad of Junior. An apple takes away from the dryness of a cheese sandwich and provides the fresh fruit needed to balance the diet.



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SARDINES, hard-cooked eggs and apples are easy to pack in the hunter's knapsack and mighty filling as well as good-tasting along with that thermos of hot coffee in the chilling early morning air in a duck blind. Men need plenty of protein on a hunting trip and food is a wonderful way to help keep warm. National Fish Week and Sardines from Maine remind us of the wonderful nourishment most fish offer to the sportsman.

Teen-agers are always in a rush and are too apt to skimp on the first meal of the day. Set a good example for the school age members of your family by seeing that Mother and Dad eat breakfast each morning. Remind your teenage daughter that she must eat well every day for her own future health and that of her children. She needs the nourishment of milk for its protein content as well as its calcium.

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HI-JINKS

Clever decorations for your Halloween party can be made from polished red apples. Core each apple part way and place a bright red candle in the opening, then place each apple on a base of colored autumn leaves.

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