

# Food For The Young

One of the most challenging problems for a mother during the day is seeing to it that her children are properly fed. Our women need to learn that the nutritional value of different foods is very important for their children's health, so they use foods that meet their energy needs and satisfy their appetites.

## Why They Need Food

Food is needed because the millions of cells of which their bodies are composed must be given material which will form more living matter or material which can be oxidized to release energy when muscle cells move, gland cells secrete, or brain cells think.

That food, not only furnishes their bodies with material to grow but also gives them the energy they expend in the act of walking, running, breathing, and thinking.

## Discipline

After this training, she teaches her children the importance of good eating habits. They are disciplined to eat one meal a day with no between meal snacks. She chooses food that give them proteins at every meal, a green or yellow vegetable once a day and a food rich in vitamin C.

Here is a menu that is well fortified with vitamins.

## DINNER

Bean Soup  
Baked Lamb Neck  
String Beans, Rice  
Grated Carrot Salad  
with Raisins  
Shredded Lettuce  
Milk  
Pickles & B. Olives  
Egg Custard  
Assorted Fruit

## Health Hazards In Gardening Draws Warning

An irrepressible urge to get outdoors after a long, cold winter and to putter in the yard presents health hazards.

Danger and discomfort lurk everywhere for the unwary outdoorsman, said a prominent doctor.

### Cover All Skin Surfaces

"Exercising mature judgment and having a sincere respect for the newer gardening products will alleviate needless suffering," he pointed out.

"All skin surfaces should be covered and clothing changed if the job is a prolonged one. Plant juices and gardening applicants should be washed from the skin frequently. Wearing a respiratory mask is desirable whenever using dusts or sprays."

### Burning Debris Harmful

The gathering and burning of leaves, plants, and yard debris left over from the previous fall can spell the beginning of trouble for the enthusiastic gardener, the doctor said. He added:

"Dust and smoke from such operations act as mechanical irritants to the nostril and upper respiratory tree. Since the ubiquitous poison ivy twigs and leaves are difficult to identify amongst the spring yard refuge, smoke from such burnings will affect the skin in the same manner as direct contact. Where exposure to such conditions will

