I was visiting in a home not long ago where there was a tiny three year old girl. At luncheon this little tot gravely asked to be served with the creamed onions before she was served with other food. Being rather surprised, I asked her if she was particularly fond of creamed onions. "No," she replied wriggling up her small nose, "I don't like them at all, but if I eat them now, I can eat the good things after." She had been trained to eat the foods that were good for her. Her choice was, not to make a scene when she was served with foods which she disliked, but to eat them first and then enjoy the dishes she really liked.

The more we learn about nutrition, the more we find that a varied diet is the best diet for a normal person. If children choose their own diet, if mother gives them always the foods that they like best, they are going to have a restricted diet. A child who refuses to eat certain things is not only cheating his own physical well being but is laying up embarrassment for him and himself later on. You all know the finicky child. You have all witnessed his mother's embarrassment when she takes him visiting, and he refuses to eat the food which the hostess sets running order.

AN INVENTORY OF SKILL FOR THE HONEST HOMEMAS

By ELIZABETH STORM

I'AN HONEST confession is good for the soul, then the same sort of a confession is equally good for the pocket book. In these days of nip and tuck to make both ends meet, a little examination into ones methods of household management and daily expenditures of time and money will not come amiss.

To make this inventory of skill, one must be ruthless in conscientious and pitilessly critical of ones own self—frank to the last interrogation point. A premium must be laid on the smallest, most personal items since they affect, either directly or indirectly, the whole family. Since the grocery bill is one of the biggest financial bearers with which the housewife has to struggle, take him to task first and see if this diet of dollar bills might not be cut down—at least a little.

Settle yourself in an easy chair with the following questionnaire and a blunt, black pencil. Make yourself physically comfortable or you will excurse yourself on the grounds that you are too tired to care.

DO YOU:

Save the paraffin from your jelly jars for fuel?
Keep all flours and cereals in mouse proof containers?
Weigh your meat on accurate scales when it comes from the butchers? Serve no larger portions than can be eaten, especially to the children?
Know the art of making hash so the family asks for more?
Use all you buy before it spoils?
Know that souring does not spoil the food value of milk?
Buy only seasonable fruits?
Know your state regulations on foods and weight requirements?
Ever visit your dairies to see where your milk is coming from?
Decrease your meat bills by using macaroni, egg and cheese?
Make your own syrup for waffles and pancakes?
Serve expensive, low-valued breakfast foods instead of cooked cereals?
Bake your own bread, cakes and cookies?
Plan meals which are so nourishing that the family are filled up without their stomachs being overloaded?
Appropriate your grocery allowance so as to get the most food value for the least money?

More money can dribble out of the family purse into clothing, with less to show for it than anywhere else in the household. Of course one must be well dressed, but to eat them first and then enjoy the dishes she really liked.

If an honest confession is good for the soul, then the same sort of a confession is equally good for the pocket book. In these days of nip and tuck to make both ends meet, a little examination into ones methods of household management and daily expenditures of time and money will not come amiss.

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THE IOWA HOMEMAKER

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This spoiled child, if continually pampered will meet with difficulty when he goes away to school. When he leaves the parental roof to go to a home of his own he will take his pampered tastes along with him and automatically start his children in his own footsteps. Many boys in the army, who had been "pampered children" in their own homes, learned to eat certain wholesome foods which they had never eaten at home, and they were far better off for having done so.

An Inventory of Skill for the Honest Homewive

By ELIZABETH STORM

To save oneself and ones children from future embarrassment and to give boys and girls a foundation stone for physical, mental and moral health, give them a varied diet of the right kind of foods.

DO YOU:

Save your linen by using Japanese lunch cloths and unbleached muslin sets?
Know how to clean and wax your floors yourself?
Save and sell old rags or make them into attracive pincushions?
Save storestring and wrapping paper?
Make holders for the kitchen or use dish towels?
Protect your comforters at the top by easily washed muslin strips?
Make your own hand lotions?
Know how to determine cotton in linen and wool?
Have runner tips on your kitchen floors for protection from the cat's claws?
Have moth proof bags for coats, suits and furs?
Place your shoes on trees after each wearing?
Know how to use a foundation for the first trip to town?
Know how to remove all kinds of stains from all kinds of fabrics?
Use Turkish towels instead of huck towels?
Hang your sheets with the ends up to prevent the hems from coming undone?

(Continued on page twelve)
DO YOU:

Work with or for your family?

(Sing at your work?)

Love your family and friends because of their peculiarities and not in spite of them? (There's a difference there, too.)

Appear your very best in your home?

Appreciate yourself when you look well and govern yourself accordingly?

Have an ideal for which the whole family strives?

Polish your house shoes and keep your house dresses mended and neat?

Make a point of being punctual?

Want to own your own home?

Make the most of what you have in the mean time?

Have vigorous health and maintain a high health standard for the family?

Do your housework with the fewest steps and the least exertion?

Train your children to appreciate their responsibility in their home and to shoulder their share of the work?

Keep posted on the development of household economies?

Attend the Women's club or P.T.A.? (Or bridge parties?)

Boost all civic improvement in your town?

By now your questionnaire may be pretty badly mussed up but don't be discouraged. These leaks in purse and happiness are small and can be stopped with a bit of time and effort. By sitting in a comfortable chair to note the liabilities of the family business, you are rested and ready to take up the next task with energy. You feel as if you could put it across in a short time and be ready for the next most urgent thing whether it be a pot roast for dinner or a story for Bobbs.

He hated having his photograph taken, but his wife, indirectly, had forced him to undergo the much dreaded ordeal.

When she saw the photograph she cried out in horror, "Oh, George, you have only one button on your coat!"

He.—"Thank heaven you have noticed it at last. That’s why I had the photograph taken."—London Tit-Bits.

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