By FRANCES PECK
Heinz Home Institute

FIRST FEEDING FACTS

Bringing up children is a lot like growing a garden. It takes a good start and a deal of patient weeding to produce results. Sometimes it seems the bad habits crop out before the good ones have a chance to get started. Take feeding habits, for instance. It's so easy to make a false move, introduce a new food the wrong way, fumble the technique of feeding. And right there before you know it, you've laid the foundation for a strong-rooted prejudice. If two-year-old Johnnie turns up his nose at the family vegetables, the chances are he got off to a bad start on his own strained vegetables when he was four or five months old.

This business of feeding a baby must be handled carefully step by step. You have to teach a baby to nurse in the first place, and you must keep right on teaching, calmly and firmly, until he has included all the new techniques of eating involved in an adequate diet for a growing child. It is those beginning lessons in eating that are the most important for they lay the real foundation for baby's future food habits.

At first, of course, a baby's diet is limited to liquids which slip right down the throat and are easily swallowed. It's no great problem to handle that much successfully if the baby is doing well on his milk or milk formula. But when you reach the next stage, when semi-solids are introduced as a prelude to regular, solid family fare, you come to the cross roads that determine many of his good or bad feeding habits. It is important, then, that you manage this period as skillfully and smoothly as possible.

A good way to do this is to teach baby the new feeding technique involved in semi-solid foods early. Liquids, of course, are sucked through a nipple, but semi-solids are best handled from a spoon. So, it is well to familiarize your child with the use of the spoon soon. You can do this by feeding him his orange juice, tomato juice and cod liver oil from a spoon. Many physicians recommend beginning these supplementary feedings as early as the third or fourth week of the baby's life. If you teach the baby to take food from a spoon that early, you will have already mastered one of the hardest problems involved. Begin, too, by serving very small amounts, according to your doctor's instructions, and increase gradually until the baby is taking his full quota. Then, by the time you are ready to introduce semi-solid strained foods, the baby will be quite accustomed to handling food from a spoon.

Here again, when strained foods are started, you must begin with small quantities—just a tiny taste on the tip of a spoon until the baby has built up a genuine liking for the new food. You see this is an entirely new texture to the child. A young baby has very little sense of taste. It is chiefly a matter of touch with him, and this semi-solid food has a brand new feel to his tongue. It is not surprising then that he sometimes spits it out. But that does not necessarily mean he dislikes the food. He simply doesn't know it yet. He has never felt anything like that before so he may reject it. For this reason, many physicians recommend diluting the strained foods with milk or the milk formula at first. If these foods more nearly approximate the texture of the milk with which he is familiar, he is likely to take to them from the start. Gradually the amount of milk used can be reduced and the amount of strained food increased until the baby is taking the strained food just as it comes from the can. With patient persistence and understanding on your part, the baby will soon be able to manage this new texture satisfactorily by himself.

Another point to consider is the careful placing of a spoon in the baby's mouth. If you put the spoon too near the tip of the tongue, baby will have a hard time swallowing. On the other hand, if you place the spoon too far back in the mouth, you may strike that sensitive spot at the base of the tongue which will induce vomiting. That would be an unpleasant experience which might condition your baby against a second spoonful and build up a prejudice that you will have some difficulty in overcoming.

Be sure, too, that you introduce just one food at a time. Don't try to crowd several new varieties in the baby's menu at once. If you start on carrots, for instance, stay with carrots until you are sure the baby likes them and is taking them readily. Then you can branch out to other varieties until you have included all the strained fruits, vegetables, and cereals your physician recommends for the baby.

Great care must be taken to serve the foods at the right temperature, too. Never over-heat them or they may burn the baby's tongue. That would give baby another reason for objecting to these new foods and might be still another basis for a food prejudice. Do not season these foods either, for the ready prepared varieties have a fine, natural food flavor and a uniformly smooth consistency that requires no further embellishment to please a baby. And be sure that you introduce these new foods only when the baby is feeling well, so that he can have a normal reaction to them. Above all, be calm and patiently firm in this matter of teaching your child new eating techniques, so you may bridge this gap between infant fare and family food with real success.

SILVER CLIP
(A True Story)

I've traveled the Country some in my day,
And talked with the people who passed that way;
I heard of a horse named "Silver Clip"
Who skimmed o'er the turf like a flying ship.

A wondrous horse, of silver hue,
Whose master knew he was swift and true.
General Forman, his owner, lived at Old Rose Hill,
There, where the Sassafras flows deep and still.

General T. M. Forman owned much land,
He was sportsman, too, you'll understand.
To see horses run, gave him keen delight,—
He oft' raced Silver with all his might.

The old man gazed on his horse with pride,
As he passed his hand down the glossy side;
"My Silver Clip is strong and fleet,
I'll bet my dollars on his flying feet."

So two were entered in a race that day,—
The gleaming "Silver" and a noble "Bay".

It was hard to chose between the two
They were closely matched, the watchers knew.

Now General Forman would heed no tip,
He bet all he owned on "Silver Clip".
His lands and gold, he bet them all,
Nor dreamed he then, "Silver Clip" could fall.

Such restless creatures on prancing feet,
Away they go, so strong and fleet;
The race is on and none can say,
Whether winner be "Silver" or mighty "Bay".

So neck to neck the great steeds race,
Their riders low, as they hold their place.
But lo! One horse has fallen down,—
It's "Silver Clip" upon the ground.

The General sighs, as he turns away,
That he witness not the defeat that day.
But h turns again, at a mighty shout,
For Silver is running, now stretching

He's running, running, strong and fleet,
A Silver streak on flying feet.
O! How can he keep that mighty pace,
He's gaining now, he's won the race.

He won the race,—this steed so fleet,
When all seemed certain of his defeat
Then Silver shoes were placed on his feet,
By his master who said—"Tis just his treat."

In the silent watches of the night,
When all is dark save the stars' faint light;
The flying feet of the phantom steed
Are heard again, o'er the grassy mead.

By Mildred Loller.

World's Deepest Mine

The world's deepest mine is the Robinson Deep in South Africa. Here gold is mined at a depth of 8,500 feet below the surface of the ground. The temperature in the lowest workings is about 106 degrees.

NOTICE

The Parish Club of Trinity P. E. Church, Elkton, will hold a card party at the Parish House on Bridge Street, Wednesday, January 18, 1939. Refreshments. Tickets, 50 cents.

A Three Days' Cough Is Your Danger Signal

No matter how many medicines you have tried for your common cough, chest cold, or bronchial irritation, you may get relief now with Creomulsion. Serious trouble may be brewing and you cannot afford to take a chance with any remedy less potent than Creomulsion, which goes right to the seat of the trouble and aids nature to soothe and heal the inflamed mucous membranes and to loosen and expel germ-laden phlegm.

Even if other remedies have failed, don't be discouraged, try Creomulsion. Your druggist is authorized to refund your money if you are not thoroughly satisfied with the benefits obtained. Creomulsion is one word, ask for it plainly, see that the name on the bottle is Creomulsion, and you'll get the genuine product and the relief you want. (Adv.)

Uncle Jim Says

"Our farmers cannot fix world wheat prices, but through the AAA they can protect their income."

WHAT PRICE NECKLACE?

At a dinner given at the National Arts Club appeared the famous Chicksaw Indian painter, Red-Feather Colbert, attired in full tribal regalia, including a magnificent necklace made of ssavage-looking teeth alternating with lumps of raw turquoise.

One lady guest was greatly impressed by the necklace and inquired about the teeth.

"Alligator teeth," the Indian replied with some reserve.

Wondering if she had caused offense, the lady said pracatingly, "I suppose they are about the same to you as pearls are to us."

"Not exactink," replied Red-Feather Cobert, smiling for the first time. "It doesn't take much of a man to extract a pearl from an oyster."

HERE IS HOW TO MAKE GOOD COFFEE

If you drink only one cup of coffee a day, and can make forty cups from one pound of coffee, you have anywhere from one to sixteen coffee trees working for you.

In the October issue of Pictorial Review, Esther Kimmel describes "good coffee."

"After the coffee is in your kitchen," says Miss Kimmel, "remember three points:

(1) Do not mix new with old coffee—the flavor of old, stale, coffee will permeate the new.

(2) Keep the coffee-making device scrupulously clean—no mere rinsing will suffice. Wash with good, hot suds and scald with fresh water. An oil from the coffee may adhere to the pot and give the coffee a rancid flavor.

(3) Measure the coffee; measure the water. These measurements have been given you so frequently there is no need to repeat them. The important thing is—do it!

Farm Notes

Dry stumps can be burned out asuccessfully if properly prepared, according to C. F. Winslow, Specialist in Forestry for the University of Maryland Extension Service. Holes should be bored in the base of the stump and these holes should be met by a hole bored from the top of the stump. If a fire is started in the base, the base holes will form a draft and th top vrtical hole will form a chimney.

The total value of all crops grown in Maryland in 1938 is estimated at $9,695,000 or four per cent less than in 1937, according to the Maryland Crop Reporting Service.

Woodh which are especially suitabl for firewood are oak, hickory, beech, hard maple and elm, according to C. F. Winslow, Forestry Specialist for the University of Maryland Extension Service.

Church

SERVICES AT ELK NECK

Services at Elk Neck will be as follows:

Hart's Church School at 9:45 a. m., Mrs. Florence Ulary, Supt. Epworth League at 7:30 p. m., Eddie Wilson, leader. Preaching at 8 p. m. by John Pittum and the soloist, Mr. Wilson Collins.

Wesley Church School at 2 p. m., Mrs. Millie Bryson, Supt. Preaching at 2:30 p. m. Everybody wilcome.

Do you "fly all to pieces" when the children are noisy, or when the vegetables burn, or when the jelly won't "jell?" Some mothers are just naturally cranky. Some mothers are cross and impatient because they are nervous.

If you are a natural crank, DR. MILES NERVINE won't do much for you. If you are irritable because your nerves are overtaxed, DR. MILES NERVINE will do a lot for you.

Do you suffer from Sleeplessness, Restlessness, Nervous Irritability, Nervous Headache, or Nervous Indigestion? Do you worry over trifles, start at sudden noises? Overtaxed nerves will cause all these troubles, and DR. MILES NERVINE will help you to relax those overtaxed nerves.

Why don't you give it a trial on our guarantee of satisfaction or your money back? Your druggist can tell you about DR. MILES NERVINE. He has been selling it ever since he started clerking in a drug store. Dr. Miles Nervine comes in two forms—Liquid and Effervescent Tablets. Both equally effective in quieting overtaxed nerves. Both sell for 25¢ and $1.00 depending on the size of the package.

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Double Feature
The Mysterious Rider
Douglas Dumbrille — Sidney Toler
Zane Grey's Story Of The Untamed Range
—AND—
The Marines Are Here
June Travis — Gordon Oliver
Leathernecking! The Marines Go Looking For a Fight
Chapter Play—"The Adventures of Wild Bill Hickock"

MONDAY - TUESDAY — JAN. 9 - 10
Suez
Tyrone Power — Loretta Young
Sidney Blackmer — Annabella
AND A CAST OF HUNDERDS

WEDNESDAY - THURSDAY — JAN. 11 - 12
Algiers
Charles Boyer — Hedy Lamarr
Sigrid Gurie — Gene Lockhart
AWARD NIGHTS

FRIDAY — JAN. 13
Campus Confessions
Betty Grable — John Arledge
Eleanor Whitney — Richard Denning
Play BINGO — FREE — FUN — PRIZES

NEXT WEEK—
HIGHWAY PATROL
UNDER WESTERN STARS
THE GLADIATOR
FOUR'S A CROWD
THANKS FOR THE MEMORY

COMING SOON—
YOU CAN'T TAKE IT WITH YOU
THERE GOES MY HEAT
IF I WERE KING
JUST AROUND THE CORNER
ARTISTS and MODELS ABROAD
COWBOY and THE LADY

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.. Notice To Trespassers ..
Having reason to believe that certain parties are in the habit of trespassing upon the property of this company, and removing firewood and other timber, we hereby warn all persons to refrain from trespassing in any manner, and from removing wood of any kind, from the information that will lead to the arrest Company's property or shores. A reward of twenty-five ($25) dollars will be paid in each and every instance for and conviction of parties trespassing on any of the property of this Company within Cecil county.
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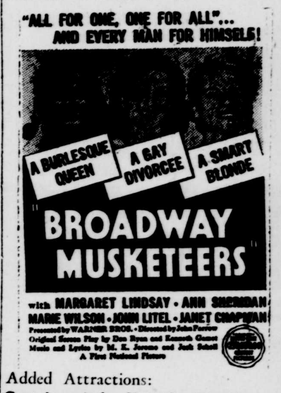
JANUARY 9, 10, 11, 12,

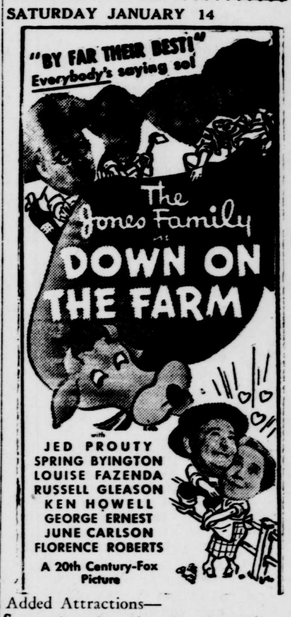
Added Attractions—
Melody Master "Clyde McCoy and Orchestra" Adventures, "Pearl of the East" Fox News.

FRIDAY JANUARY 13

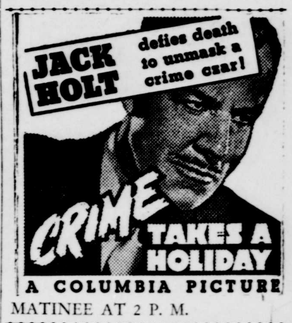


Added Attractions:
Captain and the Kids, Captains Pup Specialties "Modeling for Money" Chapter Play No, 2 "Flaming Frontiers" Universal News.

SATURDAY JANUARY 14



Added Attractions—
Screen Snapshots Comedy "Many sappy Returns," Chapter Play No.2 "Flaming Frontiers." Universal News



MATINEE AT 2 P. M.

COMING ATTRACTIONS:
"Submarine Patrol"
"Listen Darling"
"Freshman Year"
"Slight Cast of Murder"