

**FEEDING THE SCHOOL CHILD**

Dr. F. F. Woodruff, Denver, Colo. Decide for the Child.

Children up to the age of twelve should be fed—not catered to. By this I mean that what they are to eat should be decided for them. Their whims and unguided preferences as to food will not lead into safe dietetic paths. On the other hand, if their dietary is chosen wisely and with due reference to bodily needs, they will accept it without protest, and will wax and grow strong upon it.

**Habit Formation.**

The first twelve years of a child's life is the habit-forming epoch. If the child is given the correct food during this period, afterwards he will go on taking those foods by preference. It is as great a mistake to allow Johnnie to decide how much sugar he will eat as it is to allow him to decide how much he will go to school, or what studies he will take.

**Harsh Methods Unnecessary.**

Fortunately, it is not necessary to force a child to eat suitable foods. All that is necessary is to withhold unsuitable foods from him; and then if suitable foods are where he can get at them, he will be glad to eat them. Nature has supplied him with a healthy appetite which will see to that. Follow the right diet to the letter; give him nothing but what it specifies. Long before he really suffers from lack of food he will be eating what is set before him, and that with a right good appetite. The results, in strength, vigor, and freedom from peevishness, will quickly justify your seeming harshness. A breakfast of hot cakes, fried eggs, fried meat or fried potatoes and coffee will make the brightest mind a laggard at school.

I am giving herewith some menus for the school child. They are suggestive of the kinds and combinations of balanced rations upon which the growing child will do well.

**Breakfast.**

A cooked cereal. (Oatmeal, Ralston, or Wheato). Cook thoroughly, and serve with cream and without sugar. Salt to avoid flat taste. Alternate with a dry cereal (except Grape Nuts). Shredded Wheat, Post Toasties, or Puffed Wheat, mixed with one fourth Purina Bran or Kellogg Krumbled Bran are good. Serve with cream, and without sugar.

One or two slices of hard toast or HYGIENIST biscuits, with honey.

Two slices of bacon, fried slowly. Alternate with one coddled egg.

Cereal coffee with cream and one lump of sugar, or a glass of milk.

**Lunch (for home or school.)**

Fruit. As much as desired, any kind except bananas.

One or two glasses of milk. Should be taken slowly, not gulped down.

A plain malted milk, or

Two Shredded Wheat biscuits, with cream, or

A dish of fruit Jello, with milk, or a cup of custard with milk.

Two slices of whole wheat bread, buttered.

**Dinner.**

(Every other day, when having cooked cereal for breakfast):

A starchy vegetable—as potatoes, baked or boiled, corn, navy or butter beans, or macaroni.

Two cooked non-starchy vegetables, except tomatoes.

Vegetable salad, made of any two or all of the following: Crisp cabbage, celery, tomatoes, lettuce, radishes, cucumbers, and a little onion dress with olive oil, salt and paprika. Leave out the tomatoes with the starch meal.

Jello dessert.

**On Alternate Days:**

Chicken, fish, nuts, or a small broiled steak (the steak not oftener than once a week; meats never to be fried.)

Two cooked non-starchy vegetables. Fruit or vegetable salad. Tomatoes are permissible in vegetable salad with this meal.

Fruit or gelatin dessert.

**Sundry Suggestions.**

Eating between meals is never to be allowed. Bread has been omitted from the above dinner menu intentionally; they are dietetically complete without it. The lunch container is an important feature of the school lunch. Food put up in a tasty manner is always more palatable than if simply wrapped in a newspaper. Fiber or tin boxes are good; they should be opened and aired between packings. The ideal, though rather expensive, is the small thermos lunch box. Waxed paper, plain white napkins, a tight jar or thermos bottle are important in packing the lunch.

Hot house children are like hot house plants. They can't stand exposure to severe weather, says the United States Public Health Service. Sleep with the windows open and keep every room well ventilated.

**Hygienist Biscuit Recipe.**

Use one-fourth white flour, one-half whole wheat flour, and one-fourth bran, mixed thoroughly. To one quart of the flour add sufficient baking powder to make the biscuits light, two or more teaspoonfuls. Prices or Royal preferred (no harm

**GIRLS**

By E. H. L.

Among various movements afoot in Monett, there is one for a bigger and better local organization of the Boy Scouts of America. This is a welcome step in the social organization of our young people, and deserves the loyal support of every citizen in this locality. Yet there is another movement, equally essential to our young people, which is direfully conspicuous by its absence—a movement for beneficial organization of our girls.

This is not due to carelessness, perhaps, but it is due to a perilous lack of forethought on the part of most of us. Everyone loves and admires a well reared woman, as everyone loathes one of the other sort; but few of the elders of a generation pause to realize that in their hands largely rests the future of their daughters. People are prone to criticize ill-favored conditions among girls without, as a rule, taking many steps toward annihilation of such conditions.

Last year the institution of woman's suffrage descended upon our government. Woman has the same political power that has man; she is a social builder as he is; she makes or destroys his home, she must be efficient in her duties as he must be in his. A careless, unsocialized girl will rarely, as a woman, be a good citizen or a consistent home maker. The future of a generation, of girls as of boys, must then be shaped virtually from the cradle.

We need not seek far to find a means of uplift for our girls. The corresponding organization to the Boy Scouts is the National Girl Reserves. This organization succeeds the Camp Fire Girls of America, and is presented to the girls, a strong, better equipped one than the Camp Fire Girls ever was. Its ideals are good citizenship, a high social warm sisterly cooperation and all that is conducive to the progress of the world and humanity.

It is high time that the citizens of Monett were getting back of such an organization and pushing it. Local conditions obviate this. The girls need the help of the men's and women's organizations alike. And the girls are willing and anxious to organize—they whisper it among themselves while they are yet powerless and without support. Fathers, mothers, citizens all, try helping them and see for yourselves.

Mrs. Wm. M. West and her mother Mrs. Sarah E. Dysart, visited in Carthage, Tuesday.

Mrs. C. F. Linthicum and Mrs. F. L. Higgins were visitors in Joplin today.

Mr. and Mrs. Frederick Miller have returned from a wedding trip to Colorado and California.

Mr. and Mrs. J. D. Buncrots, of Oklahoma City are visiting their mother Mrs. Mary Ryan.

Mrs. Harry C. Fleming went to Joplin, Tuesday, where she will visit relatives for two days.

Mrs. Frank Conley returned home Monday morning from Little Rock, Ark., where she attended the funeral of her father, C. A. Yarbough.

Dr. J. R. Hildrup, of Windfall, Ind., who has been visiting his nephew, Von Todisman, and family, departed Friday morning.

Mrs. T. D. Pitts fell down the cellar stairs at her home in south Monett Friday and fractured her right hip. Dr. Russell dressed the injury.

Mr. and Mrs. J. O. Kilgore went to Fayetteville, Ark., Tuesday, where they will visit with relatives and Mr. Kilgore will recuperate from a three weeks illness.

Mrs. T. P. Mooney, accompanied by Mrs. Jeff Shaw, spent Tuesday in Springfield with Mr. Mooney, Frisco machinist, who is a patient at the Frisco hospital.

Dr. A. S. Hawkins received a large box of fruit, Saturday morning sent by Mrs. Hawkins from their fruit ranch at Clermont, Fla. The box contained grapefruit, lemons and limes.

can come from good baking powder); a tablespoonful of melted butter, or olive oil; and salt to suit. These ingredients should be mixed thoroughly with the flour; if chilled, the biscuits will be lighter. After the oven has been heated moderately hot and everything is in readiness for baking, sufficient milk should be added to the flour to make a wet dough. The dough should be rolled quickly, and as little as possible, then cut and put into the oven in an ungreased pan. Then baking should continue until the biscuits are baked well and are brown on both sides. To be light and of a good flavor, the biscuits should be made quickly; not more than two minutes should elapse between the time the milk is added to the flour and the biscuits are ready for baking. When baked, they should not be more than an inch thick.

**PLANT DISEASES TAKE HUGE TOLL**

Farmer Suffers Loss of Income and Consumer Compelled to Pay Higher Prices.

**CONTROL OF PESTS IS URGED**

Can Be Brought About Only Through Painstaking Technical Research, Followed by Adoption of Remedies by Farmers.

(Prepared by the United States Department of Agriculture.)

When a plant disease or some other crop pest destroys an important crop throughout a large area, it is easy to see how dangerous these pests are both to agriculture and to the country. The farmer whose crop is destroyed suffers through loss of his income; the consumer often through abnormally increased cost of his food supply. Occasionally, as in 1916, when the wheat crop of the United States and Canada was reduced approximately 250,000,000 bushels by black stem rust after the entire expense involved in its production, except that of harvesting and threshing, had been incurred, the result is so serious as to endanger the stability of banks and of business generally in the devastated region and even, as in that case, to threaten the future of nations through impairment of food supply when needed for winning the great war.

**Take Heavy Toll on Crops.**

But spectacular and widespread destruction of crops is by no means the only harm worked by plant diseases. Every season and in substantially every important producing section they take heavy toll on crop production. Their existence without control constitutes one of the chief hazards which the farmer encounters, increasing his cost of production and ultimately the price which consumers must pay.

It has been difficult to determine even approximately the amount of damage done by plant diseases, but very careful estimates recently made by the pathologists of the state experiment stations and the Department of Agriculture indicate that in 1919 the production of ten of the important cereal, fruit and vegetable crops was reduced more than 650,000,000 bushels by plant diseases. This estimate does not include damage due to insects nor to adverse climatic conditions.

When it is remembered that substantially equal expenditures for labor and other items up to the point of



Protecting Wheat Seed Against Smut by Formaldehyde Treatment.

harvest are required for the diseased and the healthy crops, it is clear that these pests constitute a most grievous and dangerous overload on agriculture, our basic industry.

**Must Aid Stabilization.**

That stabilization of agricultural production, which is highly desirable from the standpoint of business as well as of the producer and the consumer, can only come when farmers generally are able so to shape their plantings that, with normal weather, the acreage planted will produce the approximate quantity required to meet the consuming demand. Until this is accomplished, seasons of shortage with prices painfully high to the consumer are certain to be experienced. Along with these will come years of excessive production in which the producer is compelled to bear destructive loss because prices are below the cost of production. For the correction of this destructive alternation of too little and too great crop production the development of effective control of plant pests is one of the most important factors.

**SAVE CORN FOR EXTRA SEED**

Excellent Plan to Select Enough to Serve for Two or Three Years' Plantings.

When corn is selected from the field for seed, the United States Department of Agriculture urges that enough seed be selected to serve for two or three years' plantings. This is essential in the origination and perpetuation of high-yielding varieties adapted to local conditions. Seed corn that matures well and dries out promptly without injury will keep its good germinating and yielding power for four or five years. Often a bad season will prevent the selection of desirable corn for seed. But home-grown seed corn of the best quality can be always available by protecting a sufficient quantity from moisture and from insects and

**PARTLY FILLED SILO IS DANGEROUS PLACE**

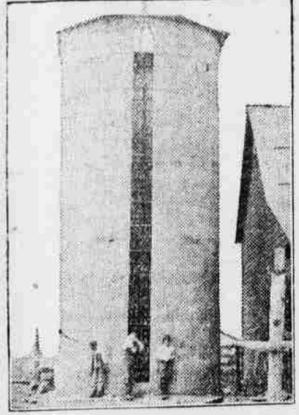
Turn Machine Blower on Before Attempting to Enter.

Number of Accidents Occur Each Year Owing to Carelessness and Ignorance of Methods of Removing Deadly Gases.

(Prepared by the United States Department of Agriculture.)

Turn the machine blower on and leave it on for at least two minutes before anyone is permitted to enter a partly filled silo. Unless this rule is followed, the result is likely to be death, says the United States Department of Agriculture.

Annually fatalities occur among farmers and their helpers as a result of the workmen entering half-filled silos after the deadly carbon monoxide gases have had a chance to accumulate directly above the freshly ensiled corn. A few days ago two Illinois farmers were killed and another was rendered seriously sick by silo



Newly Constructed Silo—Doors Should Not Be Wedged Into Place Until Needed to Prevent Waste of Corn.

gases which are almost as dangerous as the poisonous mustard gases used during the recent war. In this instance, one of the farm workmen entered a 50-foot silo which had been half filled the previous day. Some time elapsed and when he did not come out, another of the hands ascended into the silo. Neither reappeared, though the other workers shouted to them repeatedly to come down.

Fearing an accident, the farm owner finally climbed into the silo. He also was immediately overcome by the poisonous fumes and only the fact that others followed him, forced open the extra silo doors and carried him into the open air saved his life. The two other men were suffocated immediately.

Each year, a number of accidents of this kind occur, due largely to carelessness and ignorance of the proper methods of eradicating the dangerous gases. The preventive measures are simple and efficient and, where they are followed, there is no danger.

No workman should ever enter a partly filled silo, after the ensiled corn has had an opportunity to develop poisonous carbon monoxide gases overnight, until the machine blower has been started. The fresh air dilutes and scatters the obnoxious gases to the extent that they are rendered harmless. After the blower has been operated for two minutes, it is perfectly safe for the workmen to enter. Another precaution which should be practiced religiously is not to wedge the silo doors into place until they are needed to prevent the waste of the ensiled corn. Many farmers follow the practice of placing most of the doors before any great amount of corn is cut and deposited in the silo. This prevents free circulation of air through the silo which, in turn, operates to favor the accumulation of carbon monoxide and other deadly silo gases.

**DISCOVER NEW BLACKBERRY**

Species Nearly Four Times Larger Than Garden Variety Has Been Found in Colombia.

A species of blackberry, nearly four times larger than our garden variety, has been discovered in Colombia by American scientists and is being experimented with by the Department of Agriculture with a view to distribution to farmers of this country.

The giant berry was discovered by Dr. Frank H. Chapman of the American Museum of Natural History, in the remote forests of Colombia. It was brought here by Wilson Popenoe, agricultural explorer of the Agricultural department and named the Colombia berry, after the country of its origin.

**SHELTER TURKEYS IN WINTER**

Good Plan to Keep Fowls in Same House They Are Expected to Use in Laying Season.

It is a good plan to house the turkeys during the winter months where they are expected to lay during the laying season. A straw barn makes a very desirable shelter for turkeys during the winter season and, being little used in the spring and early summer, makes a very suitable place for the turkeys to lay and brood in. A little forethought may prevent the turkey hen from stealing her nest away in the spring.

**SUE MIDLAND VALLEY RAIL ROAD IN THREE CASES**

On Tuesday Sizer & Gardner of Monett filed three suits at Tulsa, Oklahoma, against the Midland Valley for a total sum of \$75,000. All three suits grew out of the striking of an automobile, owned by Mrs. Laura Koch, in which she was riding together with two guests, by a switch engine operated by the Midland Valley Railroad Company, at the Thirteenth street crossing, at Tulsa, Oklahoma, whereby Mrs. Koch received severe and permanent injuries for which she sues for \$30,000. Mr. R. L. Quinn, who was a guest in the car was severely and permanently injured and brings suit for \$25,000, and W. D. Biles, another guest in the automobile was also severely and permanently injured and he brings suit for \$20,000.

Three suits will be tried at the December term of Court at Tulsa, Oklahoma. The negligence charged in each case was failure to ring the bell or sound the whistle while running at an excessive rate of speed through a high cut at the street crossing, contrary to the city ordinances of Tulsa, Oklahoma.

Mrs. Chas. Ball, who has been ill several weeks, is very much improved and is able to sit up. Her sister, Mrs. Miller, of Kansas City is here caring for her.

Mrs. J. H. Smith on Fifth street, who has been ill the past two weeks remains in a critical condition. The two children who are quarantined with scarlet fever and diphtheria, are both better.

**THE FIRST CHRISTMAS GIFT**

Can you remember that Christmas when you first received The Youth's Companion among your Christmas presents? You can perhaps recall the titles of some of the serial stories in those early numbers, and you can well remember how everyone in the family wanted to read your paper.

To-day The Companion makes the ideal Christmas present. No family, especially one with growing boys and girls, should be without the tried and true Youth's Companion—the friend and entertainer or hosts of people, old and young.

The Companion is true to the best American ideas of life, giving every week a generous supply of the best stories, current events, comments on the world's doings, with special pages for Boys, for Girls and for the Family.

The 52 issues of 1922 will be crowded with serial stories, short stories, editorials, poetry, facts and fun. Subscribe now and receive:

1. The Youth's Companion—52 issues in 1922.
2. All the remaining issues of 1921
3. The Companion Home Calendar for 1922.
4. Or include McCall's Magazine, the monthly authority on fashions. Both publications, only \$3.00.

**THE YOUTHS COMPANION**  
Commonwealth Ave. & St. Paul St, Boston, Mass.

New Subscriptions Received at this office.

There's only one thing that'll mix with business and that's the printer's ink.—Abe Martin.

The talent of success is nothing more than doing what you can do well, and doing well whatever you do.—Longfellow.

Headwork wins in football also in all others of life's activities.

Do your Christmas shopping early.

Do your Christmas advertising early.

J. J. Maher went to Okmulgee, Okla. Tuesday, on a business trip.

Mr. and Mrs. J. E. Hickman spent Tuesday shopping in Joplin.

Oscar Lewis was called to Ft. Smith, Ark., Monday morning by serious illness of his mother.

Miss Margaret Dulin, of Springfield visited friends in Monett the first of the week, returning home Wednesday evening.

Mrs. Luther Burkhart and small daughter spent Tuesday in the city with her parents, Mr. and Mrs. Lester Howell.

Mrs. S. F. Wilmshir today raffled off the crocheted yoke which was won by Miss Mayme Callan, who held No. 27.

Misses Isabelle Dwyer and Helen Attaway, accompanied Joseph Attaway to Carthage Saturday, where he takes treatment from Dr. Powers.

Mrs. G. C. Burch, of Monett, who was operated upon at the Burgo-Deaconess hospital at Springfield, by Drs. Miller and Lowe, is getting along nicely.

Mr. and Mrs. W. H. Such and son Billie, left Tuesday morning for St. Louis where they will spend Thanksgiving as the guests of Mr. and Mrs. Herbert Such.

Mrs. Hattie Lane, of Fayetteville, Ark., who came last week to attend the wedding of her grand-daughter, Miss Ruby Lane to Mr. Finis E. Engleman, and to visit her son, Joe L. Lane and family, returned home Tuesday morning.

Mrs. A. E. White departed Tuesday morning for Appleton City, Mo., where she will spend the winter with her sister, Miss Emma Clark and brother, McCager Clark. She was accompanied as far as Springfield by Mrs. Vincent Ballay, who will spend the day there.

Prof. Lynch, School Visitor from the Springfield Teachers College, arrived in Neosho Wednesday and was quite ill when he reached this city. He was taken to the Big Spring Inn for some time was under the care of a physician and a nurse. Prof. Lynch however, we are glad to report, has so far recovered as to be able to attend the Teachers' Convention today.—Neosho Democrat, Nov. 18.

**FRISCO TIME CARD**

In Effect Sunday, October 16, 1921.

**ST. LOUIS AND MONETT Arrivals**

No. 9 Meteor 3:20 a.m.  
No. 5 Tex & Calif. Lmtd 5:15 a.m.  
No. 7 Southwest 8:00 a.m.  
No. 17 Local Passenger 9:55 a.m.  
No. 3 Texan 5:55 p.m.  
No. 11 Accommodation 10:50 p.m.

**Departures**

No. 12 California Express 5:45 a.m.  
No. 4 Texan 10:50 a.m.  
No. 16 Springfield & Joplin 5:35 p.m.  
No. 8 St. L. & Memphis 7:25 p.m.  
No. 10 Meteor 10:50 p.m.  
No. 6 St. Louis Limited 11:10 p.m.

**BETWEEN MONETT AND OKLAHOMA Arrivals**

No. 404 Local Passenger 10:40 a.m.  
No. 8 St. Louis Ltd. 7:00 p.m.  
No. 10 Meteor 10:35 p.m.

**Departures**

No. 9 Meteor 3:20 a.m.  
No. 7 Oklahoma Ltd. 8:25 a.m.  
No. 403 Local Passenger 6:30 p.m.

**BETWEEN MONETT, FT. SMITH AND PARIS Arrivals**

No. 4 Texan 10:25 a.m.  
No. 716 Eastern Express 6:10 p.m.  
No. 6 St. Louis Limited 10:50 p.m.

**Departures**

No. 5 Texas Limited 5:35 a.m.  
No. 715 Little Rock Exp. 10:05 a.m.  
No. 3 Texan 6:25 p.m.

**BETWEEN MONETT AND WICHITA Arrivals**

No. 306 Southwest Lmtd. 10:45 p.m.  
No. 304 Eastern Express 9:45 a.m.  
No. 312 St. L. & Tex. Exp 5:20 a.m.  
No. 316 Springfield Exp. 5:15 p.m.

**Departures**

No. 305 Southwest Ltd. 5:45 a.m.  
No. 317 Local Passenger 10:30 p.m.  
No. 303 K. C. Passenger 6:45 p.m.  
No. 311 Local Passenger 11:15 p.m.