

The Woman's Page

DON'T FORCE JUNIOR TO EAT HIS SPINACH, DOCTOR SAYS
Never mind forcing Junior to eat his spinach.

Harried mothers, frantic from futile efforts to make their children cultivate a taste for this or that food will welcome the advice "Don't bother About It," given by Dr. Clifford Sweet, Oakland, Calif., in the Journal of the American Medical Association.

Junior will not only be jubilant, he will cultivate of his own accord the proper eating habits, Dr. Sweet says.

"My daily experience indicates that a great number of mothers are getting food into their children," Dr. Sweet writes. "Evidently in their minds food is to be prescribed

and taken as are drugs and baths." Every healthy child, Dr. Sweet found on the basis of fifteen years' observation of eating habits of children, will eat an adequate diet if it is provided for him—without any compulsion from his parents.

"It is the father's duty to earn the money to buy the food and the mother's to put it in suitable variety and form on the table," he says. Junior will do the rest.

Here's Dr. Sweet's best advice to mothers whose daily prayer is "make my children fat and me thin."

"One vegetable is as good as another—including spinach. Meat is a valuable food for which fish is the only complete substitute. Cereals dry or baked are as nutritious as those served as mush. Not every child needs a quart of milk a day.

Most important of all, nothing much will happen if Junior does not want to eat his lunch. Very probably he is just not hungry.

BALANCED FOOD DIET

The 4-H Food Manual says that some of the following groups should be eaten each day:

Cereals—Bread, macaroni, rice, oatmeal and other breakfast foods.

Fats—Butter, cream, olive oil, other fats and meat fat.

Vegetables and Fruits—Two of each every day, besides dried beans and potatoes.

Protein Foods—Meats, eggs, cheese, fish, dried beans and peas.

Sweets—Sugar, sirups and honey. Use sparingly.

Let milk play an important part in all meals. A quart a day for children and at least a pint for adults are the amount needed for health.

It may not be possible to have all the necessary foods in one meal, but they should be supplied in one of the three meals of the day, it is stated. It is better to consider all three meals for the day when making out the menu, rather than to consider each meal separately. It is the adequate diet for the whole day which counts.

ADOPT 3 CHILDREN WITH BONUS MONEY

Mr. and Mrs. Joseph Matolich of Lorain, O., have put his bonus money to an unusual use.

Shortly after Uncle Sam paid Matolich \$1,346, they adopted three orphaned brothers, one 13 years old and the others 11-year-old twins. The Matolichs, married twenty-four years themselves had no children.

"It was so quiet and we always wanted children," the beaming wife said. "Now things are different."

WARNS GIRLS TO PASS UP FIRST PROPOSAL

No girl should accept her first proposal, according to the advice of Mrs. Lillian Barker, the woman member of the British Prison Commission.

"Before accepting a marriage proposal," Lillian Barker told the Sheffield branch of the National Council of Women, "a girl should wait until she has met other men, and then make her choice."

QUEEN VICTORIA'S DOLLS

Queen Victoria had a collection of 132 dolls. They were all made of wood and thirty-two of them had been dressed by the Queen herself. The entire collection is now in the London Museum in South Kensington.

Social and Personal

A Tyler Weds Cowboy



NEW YORK . . . Miss Margaret G. Tyler, 24, (above), granddaughter of former President Tyler, went West this season. Now comes word that she has become the bride of Clifford Glenn, 22, Montana cowboy and they are now on honeymoon.

Visits Members Of Family

Mr. Arch B. Rue has returned from a pleasant visit with his brother, Mr. Frank Rue, of Lebanon and sisters, Mrs. Edgar McMurry, Elizabethtown, and Mrs. Fred Overstreet, of Louisville; Mrs. H. Elliott Nether-ton, LaGrange. He also visited his grandmother, Mrs. Anna Forbes, of Louisville. Mr. Rue will enter the University of Kentucky September 13.

Returned From Carolina Vacation

Dr. J. B. RoBards, accompanied by his nephew, Bobbie RoBards, have returned from a vacation trip including Hendersonville and Charlotte in the Carolinas. They were accompanied here by Dr. RoBard's niece, Miss Isabella Keith, who is a teacher in the city schools.

Back From Lebanon, Tenn.

County Attorney I. C. James motored to Lebanon, Tenn., over the week end and returned with Mrs. James, who has been visiting relatives there.

Home From Visit

Miss Margaret Smith has returned from a two weeks' visit with friends in Paintsville and Jenkins, Ky., and is at the home of her parents near Salvisa, assuming her duties as teacher in the Salvisa school Monday.

FARMER GROWS 'QUINT CABBAGE'

The Dionne "quints" have made every one quintuplet-conscious, even vegetables. Louis Meyer, Blue Hills farmer near New Britain, Conn., harvested five normal-sized heads of cabbage on one stalk.

Guests Of

Mr. and Mrs. Karpf
Dr. and Mrs. Louis Sommer and children have returned to Cincinnati after a week end with Mr. and Mrs. Jack Karpf.

Returned To Position In Louisville

Miss Elizabeth Sorrell returned to Louisville this week to resume her duties as a member of the faculty of the Louisville School for the Blind.

Guests From Chicago

Mr. and Mrs. Francis Priest and Francis, Jr., have returned to Chicago after a few days with his father, Mr. Walter Priest and Mrs. Priest.

On Extended Trip

Miss Mary Nell May, of this place, and Miss Clarice Willis, of Paris, left this week for a month's trip to the Cleveland Exposition and points of interest in the East and Canada.

Former Residents Here

Mr. J. H. Parker, superintendent of the city schools at Lebanon, and family, were guests of friends in Harrodsburg Sunday.

Teaching In Cincinnati

Miss Gladys May has returned to Cincinnati to resume her position of teacher in the schools in that city.

Cynthiana Visitors

Mr. and Mrs. William Ransdell and baby, of Cynthiana, were guests during the week end of Mr. and Mrs. M. L. Ransdell. He spent this week in Richmond on business and Mrs. Ransdell and baby visited Mr. and Mrs. J. H. Parker in Lebanon.

State Fair Assistant

Mrs. Grace Fishback will go to Louisville Monday where she will be an assistant in the Woman's Department at the State Fair.

Enters College In Virginia

Mrs. Joe Farmer, Mrs. W. T. Talbott and Mr. Billie Farmer left this

week to motor to Danville, Va., to visit Mrs. Arch Farmer. Mr. Joe Farmer, who is on the tobacco market at Kinston, N. C. will join them at his mother's in Danville. At the conclusion of their visit there they will go to Williamsburg, Va., where Mr. Billy Farmer will enter William and Mary College. On the return trip the party will stop for a few days in Washington, D. C.

Shower For Mr. and Mrs. Jarvis

Miss Frances Parsons entertained at her home at McAfee with a miscellaneous shower in honor of Mr. and Mr. J. Leonard Jarvis on Thursday night.

The guests included Misses Mary A. Phillips, Juanita Scott, Marie and Irene Cloyd, Jean Thompson, Louise Lapsley, Martha Adams, Sadie Jarvis, Rosalyn Watts, Lelia Yocum, and Reasie Yocum; Messrs. Stanley Scott, Arlie Thompson, John Adams, Raymond Jones, James Dismukes, Roy Dismukes, Maurice Dean, Bronson Conder, Eddie Balden, Tom Lapsley, Stanley Conder, Paul Conder, C. D. Ransdell, Jr., Tom Conder, Harold Bohon, Morris Mitchell, Mr. and Mrs. T. G. Harned, Mr. and Mrs. Ezra Jones, Mr. and Mrs. Floyd Watts, Mrs. W. E. Balden.

Many Week End Guests

Mr. and Mrs. Lee Coleman and Mrs. Anabel Gibbs had as their guests over the week end Mr. and Mrs. Robert Patton, Mr. and Mrs. Bert Wallace, Mr. and Mrs. William Davless and Mrs. Lizzie Finnell, of Decatur, Ill., and Mr. and Mrs. J. Vernon Gibbs, of Gallatin, Tennessee.

Visit At Reelfoot Lake

Mrs. Lee Coleman, this city, Mrs. E. V. Wilson, Mrs. J. T. Wilkinson and Miss Marian Wilkinson, of Danville, have recently returned from a stay of several days at Reelfoot Lake, Tenn. They were the guests of their cousin, Mr. Oswald Wallaston and Mrs. Wallaston, at Walnut Lodge. They also stopped at Cave City and visited Mammoth Cave.

Misses Jones With Mother

Miss Elizabeth Jones, who recently returned from the University of Chicago, accompanied her sister, Miss Mina Rea Jones, to Piedmont, West Va., where she is chemist for the W. Virginia Sulphur and Paper Company. The young ladies have been with their mother, Mrs. S. E. Jones, Cane Run avenue. Miss Elizabeth Jones will return here after her West Vir-

ginia visit, and later will go back to the Chicago University.

Home From Vacation Trip

Mr. and Mrs. I. B. Bryant and son, DeBaun, have returned to Louisville after a visit with Mrs. Bryant's parents, Mr. and Mrs. O. H. DeBaun. They were en route home from a vacation trip to the Great Lakes Exposition and Canada.

Taylor-Watts Nuptials

The wedding of Miss Christine Anderson Taylor and Mr. H. Maurice Watts, was solemnized at 8:30 o'clock Tuesday morning at the Christian church parsonage, with Rev. T. Hassell Bowen performing the ceremony.

The bride wore a dark blue traveling suit with a corsage of Tallman roses. She is the charming daughter of Mrs. Carolyn Taylor and is a graduate of the Harrodsburg high school and also of the Louisville Business College and is employed by the federal government. Mr. Watts, son of Mr. and Mrs. Herman Watts, is a popular young business man in Harrodsburg. He is a partner in the Watts and Durr Oil Company and possesses sterling qualities of character.

Following the ceremony Mr. and Mrs. Watts left on a motor trip to New York and Boston. On their return they will reside in their attractive new home on Cane Run avenue.

Lexington Couple Marry Here

Miss Helen Howser and Mr. George E. Drees, both of Lexington, were united in marriage Sunday afternoon by the Rev. T. Hassell Bowen, pastor of the Christian church, at the parsonage on Beaumont avenue. Several friends accompanied them here.

Assistant At State Fair

Mrs. George Nash of Lexington, formerly of this city, will go to Louisville next week as an assistant in the Woman's Department at the State Fair.

Mrs. Alice Eastland, who has been very ill, is convalescing.

Mr. William Tatum and family, of Cincinnati, visited his sisters, Miss Ocie Tatum and Mrs. Leslie Graves during the week end. Mr. Clifton Tatum returned with them.

Mr. and Mrs. Hubert Baker have returned to Walton after a visit with Mr. and Mrs. Floyd Watts.

Mr. and Mrs. Z. B. Tucker have returned to Owensboro after a brief stay here.

County Agent Curtis Park spent Friday in Lebanon on business.

Mr. Jephtha Jett, of Danville, was a business visitor in Harrodsburg last week.

Mr. J. T. Ingram, Jr., was in Louisville on business Friday.

(Continued on another page)



GOOD NIGHT, MY BELOVED

Marie Davless Warren Beckner.

Tonight the stars are lit above,

The fire flies light their lamps below,

The jasmine's scent floats on the breeze,

And swings its blossoms to and fro.

I sit alone—a night bird's song

Comes to my ears with strange unrest,

Sad notes, as if an ill-hid woe

Were trembling in the singer's breast.

It is just the same this summer night,

As it was years ago, dear heart,

The scented dusk, stars o'head,

The night bird with its hidden dart.

The same? No, not the same with me;

This night, and that are worlds apart

In joy, for you were with me then,

Your words of cheer were sweet, dear heart.

I know not where you now may be,

You may be near, you may be far,

In this or other of God's worlds,

Maybe beyond the farthest star.

I can not tell, but this I know,

I love you still, your memory's bright,

The stars grow dim, the night bird's gone,

The fire-flies rest. Dear heart, good-night.

The above poem is from the British quarterly "Poetry Studies," edited by Katherine Hunter Coe, F. R. S. A.

Mrs. Beckner is well known in Harrodsburg and dedicates the poem to the memory of her mother, Mrs. Jean Davless Warren, formerly of this place.

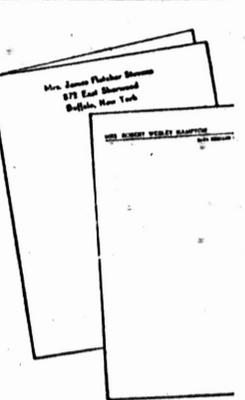
BIRDS' NEST SOUP COSTLY

China's famous delicacy, birds' nest soup, is one of the most costly foods in the world. The new valuation for customs export duty in British North Borneo fixes the value of the delicacy at \$20 a pound, including the duty.



J. J. GRAVES

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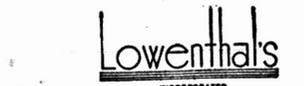
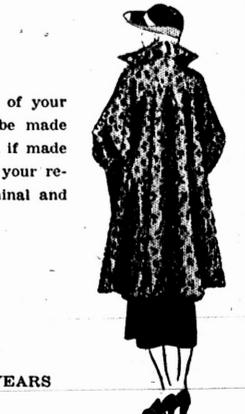
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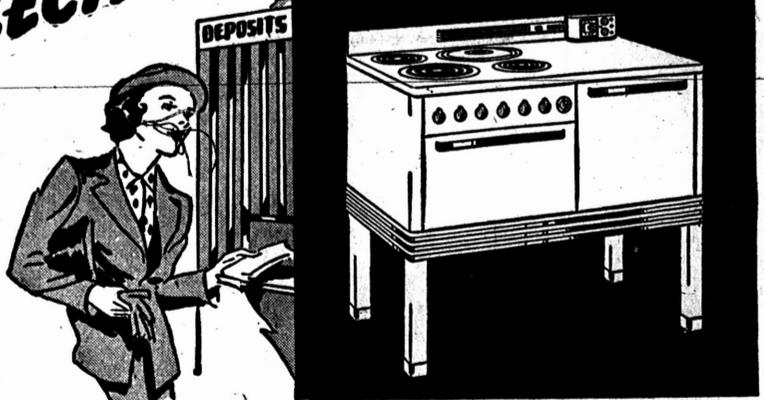
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