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of greatest interest to the Women

The Child in The Home



By VERA M. AMOS, R. N.

November is trial time for mothers for it is during this month we have the chanceable days which make it the time for wheezes, sneezes and colds. The main object to work on is prevention, to prevent the children from taking cold. First and most important is to make them fit to resist all germ-laden troubles coming their way. We can do this by giving to them well-proportioned meals at regular meal times always, not over-feeding them or allowing them to eat between meals because this is almost a sure danger to under-feed them. When a child is over-fed, all energy is turned to the digestive organs and so weakens the natural resisting power.

Colds are taken in different ways, and not only by a draught or chill as most generally thought, though if the resisting power is weak, the chill from a draught will help matters on by making it easier for the transmission of colds being transmitted by the virus being taken in most cases by infection just as with measles, scarlet fever, or diphtheria. This sounds foolish, perhaps, but it is a fact nevertheless. When one has a cold, the handkerchief or handkerchiefs used to wipe the nose should be used to prevent the spray from the mouth flying about, so the germ is being on the handkerchiefs and if the hands are touched, the germ may readily see the necessity of keeping the children fit to resist these germs.

The easiest way to prevent colds is to let the children have plenty of fresh air, not only in summer but in winter, and make them at an early age "out-of-door children." Do not have your houses too hot and stuffy. Allow the children to sleep in well-ventilated rooms, and make them play in the open as much as possible. Do not overwrap them, especially the throat, for when the throat is exposed it hardens against cold. Heavy underwear is of course necessary in winter, and wraps which can be taken off when entering the house again.

Another preventative for colds is to prevent the children from developing a cold, give them a cool bath—a shower preferably—a good bath, and keep him shuddering for a day. You will find this treatment will ward off a cold sooner than any other.

If one's throats develop you need the advice of a medical man, though to have a simple throat gargle on hand will often prevent serious trouble.

Colds are and always will be an infectious trouble, and the only way to prevent this infection from entering your house is to see your children keep fit by feeding them with the best food you give them. Keep them warm enough without over-heating them, let them have all the fresh air that is necessary, so that they sleep sufficiently to restore to them the energy they use up, and keep them away from crowded places as much as possible.

If you find this is giving to your children not only the best for them but for all others. Let not "prevention" be better than "cure." And not only that, but you are doing your share of keeping down the multiplying of infectious diseases and helping mankind in general, which is your duty as a "mother."

Favorite Recipes

(Housewives, this department is for you and contains only recipes that have proven successful. Your favorite recipes will be welcomed. Address all communications in care of this department.)

GINGER BREAD

(Recipe of Mrs. J. H. Marlette, Pierce Street)

- 1 egg
- 1/2 cup shortening
- 1 cup molasses
- 2 tablespoons brown sugar
- 1 heaping cup flour
- 1 teaspoon salt
- 1/2 teaspoon ginger
- 1 teaspoon soda
- 1 cup boiling water
- 1 teaspoon baking powder

Cream the shortening, yolk of egg and sugar together. Add molasses and dry ingredients. Then add boiling water, and, lastly, the beaten white of egg. Bake in a slow oven.

CHOP SUEY PICKLES

(Recipe of Mrs. C. E. Fuller, 1551 22nd Street, Detroit)

- 3 red peppers
- 30 sliced cucumbers

PLAIN CAKE

(Recipe of Miss Claire Gillett, Pleasant Avenue)

- 1 1/2 cups sugar
- 1/2 teaspoon salt
- 3/4 cup shortening
- 2 eggs
- 1 cup milk
- 3/4 cup baking powder
- 1/2 to 3 cups of flour
- 1 teaspoon flavoring

Cream the sugar, salt and shortening. Then add the eggs. Combine thoroughly, then add milk. Sift together the flour and baking powder, and add to the other ingredients. Add flavoring and put into cake tin. Bake for 15 or 20 minutes in a moderate oven.

County Officers Chosen for Federation

The Federation of Women's Clubs met at Holly last week and the following county officers were chosen: Mrs. Fred Ed. of Royal Oak, president, Mrs. Baird, of Holly, first vice pres., Mrs. De Garmo, of Milford, second vice pres., Mrs. B. J. Taylor, of Birmingham, recording secretary, Mrs. Laura Effort, of Pontiac, corresponding secretary, and Mrs. Smith, of Pontiac, treasurer.

The next annual meeting is to be held at Farmington in October 1924.

Celebrates Teatime Birthday

Last Saturday afternoon from two to five, Mr. and Mrs. D. W. Symons, of Brown street, gave a birthday party in honor of their daughter, Hazel. The children played games, and at 4:30 a delightful luncheon consisting of sandwiches, jelly and cake, was served. The guests who were present were Virginia Reuter, Marion Bany, Genevieve, Gertrude, and Viola Upper, Helen and Virginia Clark, and Elizabeth and Irma Forester.

King's Herald to Meet

The King's Herald will meet at the Methodist church tomorrow afternoon from 2 to 3 o'clock.

Mrs. T. Ortwin, Jr. and Mrs. Avon Byrnes, of New York, arrived Wednesday to be the guests of Mr. and Mrs. John R. Moss, of Oakland avenue. They will remain here about a week.

Mr. and Mrs. Joseph Hinshaw, of Yorkshire Road, will attend the Armistice Day given by the Daughters of the British Empire at Hotel Statler, Detroit, next Monday evening.

Mrs. Walter Pratt entertained a group of friends at a luncheon at Birmingham Golf Club Tuesday, later bringing her guests to her home on Southfield avenue to play bridge. Chrysanthemums were used to decorate her home and also table at the Golf Club. At bridge, high score was won by Mrs. Ed. Pratt, low by Mrs. H. Starr.

Other guests were Mrs. D. Hubbard, Mrs. E. Clarkson, Mrs. E. V. Miller, Mrs. C. M. Evans, Mrs. W. B. Burns, Mrs. J. H. Ellsworth, Mrs. Robert Jean, Mrs. Harry Pratt and Mrs. Charles Elliot.

Mrs. M. St. Glover, of North Woodward avenue, was hostess to a number of friends at a tea yesterday afternoon in honor of Mrs. Marian Rowe, who will leave on an extended tour of Europe next week.

Mr. and Mrs. J. L. Harper returned to their home on Highland Road Sunday, from Chicago, where they spent the week end as guests of Mr. and Mrs. William Otter, of that city.

Mr. and Mrs. George Dwellay will entertain a group of friends at dinner Sunday evening at their home on East Maple avenue.

Mr. and Mrs. H. A. O'Dell and Mrs. M. M. Smith, of Detroit, will entertain the Bloomfield Hills Country Club, Wednesday, November 14.

St. Margaret's Guild of St. James' church met at the home of Mrs. Harry Stone, on Harmon street, Tuesday afternoon. After the luncheon, a business meeting was held.

The Pine Lake summer home recently sold to T. B. Smith, of East Maple avenue, of Hollywood, Cal., has been purchased by Davidson Brothers, of Detroit, has been purchased from them by A. W. Sempliner and E. C. McBride, of Pine Lake. The value changes and improvements will be made during the coming year.

The Birmingham Branch of the University of Michigan League will meet at the home of Mrs. Lee White, 516 Brookside Drive, Monday afternoon, November 12. The meeting will begin promptly at half past two o'clock on account of the "Round Table Talks" which begin at four o'clock.

C. T. Wise, who is attending the University of Michigan as freshman this year, spent the week end with his parents, Mr. and Mrs. K. M. Wise, of Brookside Drive.

Mr. and Mrs. Henry W. Standart are moving from their country home in Bloomfield Hills to 330 Washington Road, Grosse Pointe, where they will reside.

Mr. and Mrs. J. M. Beddow, of Southfield, will leave next Monday for their winter home at Crystal Florida. The trip will be made by motor. Mr. Beddow has been detained for some time because of the opening of Royal Oak's new bank, Royal Oak Savings Bank, of which he is a president.

Mr. and Mrs. William Hunt and their son, Jay Hunt and family left Thursday for Tampa, Florida, where they will spend the winter. Their home on Pierce street will be occupied by Mr. and Mrs. E. C. Huston during their absence.

Miss Ella Davenport, of East Maple avenue, and Mr. and Mrs. Ed. Smith of Hamilton street, will attend the Michigan-Marine game at Ann Arbor tomorrow.

Mr. and Mrs. R. C. Mouthrop, who have been residing at Bir-Wick Inn for several weeks, will move to their new home on Yorkshire Road this week end.

Mr. and Mrs. I. Strelinger, of Birmingham, moved to their new home on Dorchester Road Wednesday.

Delores Capeling of Detroit, spent the week-end with Mary White of Oakland avenue.

Miss Henrietta Walker and Warren Townsend, of Detroit, were guests at tea Sunday evening at the home of Mr. and Mrs. Lee A. Waite, of Brookside Drive.

Mr. and Mrs. R. T. Brown, of West Jefferson, moved to their new home on Metamora, Saturday.

Mrs. C. C. Winingham, of Bloomfield Hills, spent several days this week at Culver visiting her son, Charles, who is attending the Military Academy, there.

Mrs. Thomas L. Thurber, of Wing Lake, attended the tea given by the Detroit Woman Painters at the home of Mrs. William N. Miller, of Chicago Boulevard, Detroit, Monday afternoon.

Mrs. John T. Shaw, of "Whysall", Bloomfield Hills, spent the week end in Port Huron. She was the guest of Mrs. Lincoln Avery of that city.

Mrs. Charles H. Stinchfield Jr. will entertain at a tea in honor of her husband's mother, Mrs. Charles Stinchfield at her home in Grosse Pointe this afternoon. Mrs. Stinchfield, who for years has resided in Bloomfield Hills has just returned from California and will leave sometime this month with a party of friends from the East for a trip around the world.

Mrs. E. H. Higbee and Mrs. Martin Lannert, of St. Louis arrived Tuesday to be the guests of Mrs. Wade Morley, of Lone Pine Road.

Mr. and Mrs. William T. Barbour and family closed their country home, Briarbank, in Bloomfield Hills yesterday and have taken up residence for the winter in their new home on Jefferson avenue, Detroit.

Miss Elizabeth Briscoe, who for some time past has been a guest at The Lone Pine Tea House, left Saturday for Santa Fe, New Mexico, where she will be the guest of her brother, James Price Briscoe.

Mr. and Mrs. Clarence Booth and daughter, Miss Frances Booth, of Lone Pine Road, left Sunday for New York City.

Mrs. W. I. Holmes, of Detroit, and Mrs. Rolfe Spining, of Knox street, returned Sunday from New York and Atlantic City, where they spent a fortnight.

Mr. and Mrs. E. P. Hammond entertained Mr. and Mrs. William Wood and Mr. O'Malley Knott, of New York, and Donald Peters, of Baltimore, at their home in Bloomfield Hills over the week end. Mr. Peters rode the Hammond horse, Westlight, in the third race at the Hunt Races last Saturday.

Wednesday evening, the cast of "French Dolls" and "The Girl in the Red Velvet Shoes" were entertained by the Community House Board at an informal dance after the show.

Mrs. Walter Morley entertained a number of friends at a luncheon at her home on Lone Pine Road, Wednesday afternoon.

Week end guests of Mr. and Mrs. Joseph Braun, of Linda Vista, were Mr. and Mrs. Leroy Cornwall and Mr. and Mrs. E. W. Smith, of Jackson.

Miss Viola Hammond, who is attending school at the University of Michigan, spent the week end with her parents, Mr. and Mrs. E. P. Hammond, of Bloomfield Hills.

Thursday of last week, Mrs. H. George Field entertained ten guests at a buffet luncheon in honor of Mrs. Wayne Day, of Hollywood, Cal. Decorations were in yellow and green, the flowers used being chrysanthemums. After the luncheon bridge was played, the first prize being awarded Mrs. Ernest Funck and the booty prize to Mrs. Harry Muchmalin.

E. P. Hammond and Mr. and Mrs. Elliot Stoenich Nicholas will leave today for Millbrook, New York, where they will enjoy several days hunting.

Mr. and Mrs. Alexander Copland closed their home "Strawberry Hill" and moved to 1053 Burns avenue, Detroit, yesterday.

In honor of her husband's birthday anniversary, Mrs. Seymour Adams entertained at dinner and cards at her home on Adams Road, Monday evening last. The guests were the Messrs. Frank Slaak, Herbert Broughton, George Warner, Harry Rainey, James Cobb, Cole, Luther Allen and T. B. Smith.

Mr. and Mrs. T. B. Smith entertained at dinner Sunday at their home on East Maple avenue in honor of Mr. and Mrs. J. G. Martin, of Tampa, Florida. Country guests were Dr. and Mrs. F. C. Crawford.

Mrs. W. D. Brown entertained the Maple Bridge Club at luncheon and bridge at her home on Southfield avenue, Friday afternoon last week. The first prize, an egg slicer, was awarded Mrs. Charles Shain.

Mrs. George Rynale entertained at a dinner Monday evening at her home in Tooting Lane. After dinner, bridge was played. Among the guests were Mr. and Mrs. Howard Simpson, Mr. and Mrs. George Dwellay and Mr. and Mrs. Loren Robinson.

Mrs. F. G. Crawford and Mrs. T. B. Smith, of Detroit, will entertain at a luncheon and bridge party given by the Twentieth Century Club at their club-rooms in Detroit. Mrs. Crawford, who won first prize at bridge, received a pottery dish.

Loren T. Robinson, of Oakland avenue, will leave tonight for Louisiana, and will be gone about a week.

The C. T. H. will meet at the home of Mrs. Francis Boushager, 123 South Woodward avenue, Wednesday, November 13th at 2:30. Everyone is cordially invited.

Guests of Mr. and Mrs. Thomas Thurber, of Wing Lake, Sunday, were Jefferson M. Thurber and son, Jefferson Jr., of Detroit.

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