

# CARE NEEDED IN CHILD'S DIET

Proper Food Is Basis of Good Health, Says Miss McCormick

By MARY C. McCORMICK, Supervisor of Health Teaching, New York State Department of Education.

The first rule for buying good health is, eat properly. This is true both for adults and children, but the selection of foods for children demands special care always. School time and winter time both make special demands upon the strength of children. These demands must be met by proper nutrition.

A child should have at least three good meals a day, each containing one or more warm dishes. If he eats his noon meal at school, this should be prepared with care to provide him with the materials he needs.

The school child should begin the day with a substantial breakfast, including a cereal (preferably a dark cereal), milk, cocoa made with milk, and fruit, such as oranges, prunes, ripe bananas, apples, etc. Lunch should consist of cooked vegetables, perhaps a warm dish such as soup or a stew or some other meat dish, milk and bread.

At dinner, the child may receive some lean meat, at least two cooked vegetables, fruit, bread and a glass of milk. An egg a day is his diet.

Milk, fruits and leafy vegetables are known as the protective foods, because they are rich in the elements necessary for bodily health. These are the foundation foods upon which all adequate diets must be built.

Growing children especially need bone-building minerals, particularly calcium and phosphorus. These substances must be supplied at an adequate rate or else the bones and teeth will grow improperly. The teeth, particularly, will be affected. Fresh milk is the best food for supplying these necessary minerals. A quart a day gives the proper amount of calcium and phosphorus for growing children, as well as other food elements which they particularly need.

This is the third of a series of articles on the health of school children prepared for the *Eccentric*. Miss McCormick will tell about protein and carbohydrate foods in her next article.

## Allied Youth Post Plans 1st Meeting

The season's first meeting of the Birmingham Post of the Allied Youth for Prohibition Education will be held at 7:30 P. M. Friday in the Community House, with W. S. Toothacker, science teacher at Baldwin High School, as the chief speaker.

Committee appointments for the year will be announced and other business transacted, according to Jack Carnahan, post commander. Young people who have no connection with Allied Youth, but who desire to learn more about the movement, have been invited to attend.

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## New Dance, Drama School Opens



Violette Armand Trio

One of the most recent dancing teachers to open classes in Birmingham is Violette Armand, a native of London, Eng., who has begun studying ballet with Italia Conti at the age of seven. Shows above are three of her pupils who are now touring as a



First Baptist Church  
Willis at Bates St.  
Rev. L. Earl Jackson, M. A., Minister.  
Lord, To Whom Shall We Go? is the Sunday morning sermon theme, the second of the pastor's series on "Answers to Great Questions." This will be "Church School Day" of "Church Month" with all members of the school and their families being particularly welcome.

First Presbyterian Church  
W. Clarence Wright, M. A., Pastor.  
Bible School convenes at 9:45 o'clock. Separate worship services and separate departments for beginner, primary, junior and senior departments. The new Junior church meets in the gymnasium.

St. James Episcopal Church  
Rev. W. H. Aulenbach, assistant pastor.  
Church School, 11 A. M.  
Celebration of the Holy Communion the first Sunday to each month, 9 A. M. and 11 A. M.

St. James Episcopal Church  
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United Presbyterian Church  
Bible School, 11 A. M.  
Morning Worship at 10 A. M.  
Rev. Ross Wilson of Auburn Heights will preach.

Embury Methodist Church  
Bonnville Ave.  
Rev. John Marvin, pastor.  
Church School, 10:45 A. M.  
Morning Worship, 11:30 A. M.  
Epworth League, every Thursday, at 7:45 P. M., at the church.

Southfield Reformed Presbyterian (Covenanters) Church  
Evergreen Road between Northwestern and Elmer Mile Roads.  
Phone 2090  
Public Worship 11 A. M. and 7:30 P. M.  
Sabbath School at 10:45 A. M.  
C. Y. P. U. and Junior-Intermediate Societies, 12:45 P. M.  
Midweek prayer meeting Wednesday, 7:30 P. M., in home as announced.

## POLICE MAKE 105 ARRESTS IN MONTH

September Total is Below That For August, Report Shows

Birmingham police made 105 arrests in September, as compared with 134 the preceding month, according to the monthly report of Miss Carrie Stoddard, police clerk. Fines collected at the Traffic Violations Bureau in September amounted to \$217, or \$1 more than was collected in August.

September arrests included six on felonious charges. Three persons were arrested for automobile thefts, two for simple larceny, and one for receiving stolen property.

The 99 arrests for misdemeanors included 23 for illegal parking, 51 for speeding, 26 for violating traffic signals, two for assault and battery, two for drunk driving, and one each for driving with a cutout open, driving through a funeral procession, disorderly conduct, driving on the wrong side of the street, investigation and one on a traffic warrant.

Seven persons were injured in 12 accidents during the month. Police received 50 complaints, answered 98 calls and watched 52 homes while their owners were away. Sixteen men were given free lodging in the city jail. Five persons were bitten by dogs.

Four auto thefts were reported, two of which were unfounded. The other two were cleared by arrests. Three automobile thefts of the previous month also were cleared by arrests. Nine simple larcenies were reported.

## FRANKLIN

Miss Ruth Peterson of Highland Park was a week-end guest of Miss Lucile Facer, 214 S. 17th St. Mrs. Susan Raynor is spending a week at the home of her son, Milla Raynor, at Grand Blanc.

Twenty members and friends of the Friendly Circle met Friday at the home of Mrs. Charles Roediger.

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Southfield Presbyterian Church  
1111 S. Irving Ave.  
Rev. S. Irvine Acheson, pastor.

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