cious youngsters if only we will cater to their interests and aptitudes and march along with them, rather than everlastingly cry out “Money’s what counts!” and “Don’t do that sort of thing!” refusing to allow them to learn to live by living.

LUTHER F. ADDINGTON.

GRAMMAR AND THE TOUSLE-HEAD

HIS LESSON had been VERY bad
THAT day
SO SHE kept him
AFTER school
AND scolded him
SEVERELY
AND told him
HE was lazy
AND several
OTHER things.

BUT he
LOOKED up
VERY seriously
INTO her eyes
AND said
“BUT you and me
IS PALS anyway,
AIN’T we?”

AND she was
AN ENGLISH teacher
WITH her M. A.
AND all sorts
OF things,
BUT these words SOUNDED just right
FOR she was young
AND she loved
THIS tousled-headed boy
AND had
WORKED hard
TO help him
WHEN everybody else
HAD GIVEN him up
AND said
THAT he should go
TO the reform school
OR some place—

ANYWAY they couldn’t
WASTE their time;
BUT she believed
THAT it was
WORTHWHILE
AND that he
WOULD grow
TO BE a fine man
AND a good citizen
AND maybe he will
SOME day.

AND after all
JUST what difference
DOES grammar make
ANYHOW?

—Sierra Educational News.

FOOD AT LOW COST

TO GROW best, children need every day food from each of these five groups:

Group 1: Milk—From one pint to one quart to drink and to use in cooking.
Group 2: Bread, Cereals, Rice, Macaroni, and the like—One or more of these foods at every meal; dark bread and cereals are recommended.
Group 3: Vegetables and Fruit—Generous helpings of two or three vegetables, including lettuce, spinach, escarole, or other leafy vegetable. Tomato or orange and some other fruit daily.
Group 4: Eggs, Meat, Fish, Cheese, Dried Beans, Peas, Lentils—At least one food from this group daily; an egg at least three or four days a week; meat never more than once a day.
Group 5: Fats—Some cream, butter, oleomargarine, nut butter, bacon, suet or other fat; a little codliver oil daily.

When every cent must be well spent, first buy:

- **Milk**
  - Fresh or Evaporated;
  - or any form of inexpensive whole milk
- **Bread and Cereals**
  - Whole wheat bread
  - Cornmeal
  - Other whole grain cereals (dark) such as oatmeal
- **Vegetables and Fruit**
  - Tomatoes
  - Cabbage
  - Carrots
  - Onions
  - Spinach (canned)
  - Turnips (yellow)
  - Beans and peas (dried)
- **Other suggestions**
  1. A tall can of evaporated milk with an equal amount of water added is as good for children as one quart of pasteurized whole milk. Evaporated milk may be used in soups, desserts, cocoa, and to drink.
  2. Four pounds of potatoes may be used in place of one middle-sized loaf of bread.
  3. Day-old bread is better for children than fresh bread, and costs less.
  4. Eat some raw fruit or raw vegetable every day. Try chopped raw cabbage with...
grated raw carrots. Red cabbage has more iron than white cabbage.

5. Use the water in which pared and leafy vegetables are cooked for soup stock.

6. In place of meat use cheese, fish, or dried beans, dried peas or lentils. Soak these dried vegetables 12 hours so they will cook in less than one hour.

7. Tomatoes are often used as vegetables but they are fruit and, fresh or canned, they may be used in place of oranges.

8. Buy food loose instead of in boxes whenever possible because it is cheaper.

9. Remember—
   Milk,
   Bread and Cereals,
   Vegetables and Fruits,
   Will help to protect Health.

Weekly Grocery Order for A Family of Three or Four

<table>
<thead>
<tr>
<th>Liberal Plan</th>
<th>FOOD</th>
<th>Thrift Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>QUANTITY</td>
<td></td>
<td>QUANTITY</td>
</tr>
<tr>
<td>14 to 21 quarts</td>
<td>MILK</td>
<td>10 to 14 quarts</td>
</tr>
<tr>
<td>6 to 18</td>
<td>EGGS</td>
<td>3 to 6</td>
</tr>
<tr>
<td>6 to 15 lbs.</td>
<td>BREAD—CEREALS</td>
<td>17 to 24 lbs.</td>
</tr>
<tr>
<td>5 to 10 loaves</td>
<td>Bread</td>
<td>14 to 18 loaves</td>
</tr>
<tr>
<td>3 to 5 lbs.</td>
<td>Cereal, flour, rice, macaroni</td>
<td>3 to 6 lbs.</td>
</tr>
<tr>
<td>17 to 27 lbs.</td>
<td>VEGETABLES</td>
<td>20 to 29 lbs.</td>
</tr>
<tr>
<td>6 to 10 lbs.</td>
<td>Potatoes</td>
<td>15 to 20 lbs.</td>
</tr>
<tr>
<td>1 to 2 lbs.</td>
<td>Dried beans and peas</td>
<td>1 to 2 lbs.</td>
</tr>
<tr>
<td>10 to 15 lbs.</td>
<td>Other vegetables</td>
<td>4 to 7 lbs.</td>
</tr>
<tr>
<td>7 to 11 lbs.</td>
<td>FRUIT</td>
<td>3 to 5 lbs.</td>
</tr>
<tr>
<td>1 to 3 lbs. fresh or canned (No. 2)</td>
<td>Tomatoes</td>
<td>2 to 3</td>
</tr>
<tr>
<td>8 to 12</td>
<td>Oranges</td>
<td>(No. 2 cans)</td>
</tr>
<tr>
<td>8 to 12 pieces</td>
<td>Other fresh fruit</td>
<td>(in place of oranges)</td>
</tr>
<tr>
<td>2 lbs.</td>
<td>Prunes and other dried fruit</td>
<td>1 to 2 lbs.</td>
</tr>
<tr>
<td>4 1/4 to 6 1/2 lbs.</td>
<td>MEAT, FISH, ETC.</td>
<td>3 1/4 to 4 1/2 lbs.</td>
</tr>
<tr>
<td>4 to 6 lbs.</td>
<td>Meat, fish</td>
<td>1 1/2 to 4 lbs.</td>
</tr>
<tr>
<td>3/4 to 1 1/2 lb.</td>
<td>Cheese or peanut butter</td>
<td>1/2 to 3/4 lb.</td>
</tr>
<tr>
<td>2 1/2 to 4 lbs.</td>
<td>FATS</td>
<td>1 1/2 to 3 lbs.</td>
</tr>
<tr>
<td>2 to 3 lbs.</td>
<td>Butter</td>
<td>1 lb.</td>
</tr>
<tr>
<td>1/2 to 1 lb.</td>
<td>Lard or oil</td>
<td>1/2 to 2 lbs.</td>
</tr>
<tr>
<td>2 to 3 lbs.</td>
<td>SUGAR—SWEETS</td>
<td>1 to 2 lbs.</td>
</tr>
<tr>
<td>25 to 35 cents</td>
<td>Seasoning, cocoa, and the like</td>
<td>15 to 25 cents</td>
</tr>
</tbody>
</table>

1. Multiply by 2 for 5, 6, 7; by 3 for 8, 9, and 10 people. The number that may be fed on the foods listed above will depend on their ages.

2. Part or all evaporated milk may be used.

3. The smaller the amount of money the more essential are whole grain bread and cereals.

4. Reduce meat, fish, and fats before cutting down on milk or vegetables.

This statement was prepared by Lucy H. Gillett, Superintendent of Nutrition Bureau, Association for Improving Condition of the Poor; Member Nutrition Committee, American Child Health Association.