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All lovers of the out-of-doors enjoy a picnic, and there is always a beach or a pretty spot in the country with woods and perhaps a brook that will serve as a setting for supper or luncheon.

When the months for picnics and out-door meals come along take full advantage of them. A well-packed hamper and a carefully-planned menu make these good times doubly enjoyable.

If you are camping it pays to provide yourself with suitable equipment because the ultimate fate of a holiday in the open depends very largely upon the successful management of carefree meals. Your equipment may be simple or elaborate, just as you wish. There is a wide choice when you set out to purchase cooking utensils, containers, serving dishes and other appointments that add to your comfort and pleasure. A wire rack added to your camping outfit to place over a fire provides a firm foundation for the pots and pans in which you do your cooking.

With the inexpensive items such as paper products, dish-washing is a thing of the past for the picnicker. Waxed paper in sheets or rolls are indispensable for wrapping sandwiches, individual servings of chicken, fruit and so forth, unless it is in a can or package of its own. There is no end to attractive styles in paper napkins, cups and plates, waxed or plain, and even cutlery may be had in paper in a variety of sizes and shapes. Salad mixtures, sandwich spreads, fruit and other lunch delicacies can easily be carried in sturdy paper containers with tightly fitting covers. Paper towels are certainly a blessing for campers. Also put in a few paper straws for drinking bottled beverages. Unbreakable utensils for camping may be purchased in bright colors if you prefer them; cups, saucers that will hold a piece of cake or a sandwich, plates, pepper and salt shakers, glasses, bowls. Impromptu catering has been greatly simplified by the variety of canned foods which can be bought but there are many pleasant ways of changing the diet with freshly cooked dishes which can be prepared in a short time over a camp fire. The regulation sandwich lunch is most satisfactory, with the addition of wholesome cake, cookies, milk, tea or coffee. The sandwiches must satisfy hunger and at the same time be easy to digest. The fruit and drink do their share in the way of vitamins and mineral constituents, and, of course, the drink quenches thirst. Milk for children adds nourishment. A cooked supper is a lot of fun to prepare and adds interest to the picnic.

Careless, haphazard meals contribute to loss in weight and lessened resistance and send children back to school in poor condition for beginning the years work. Unfortunately, the children are the chief sufferers at picnics for their needs are seldom considered.

The choice of a balanced diet is one of the most important single factors in maintaining health and the same principles of nutrition must be kept in mind for every meal planned.

The picnic, which is a bit more elaborate adds a salad to the sandwiches. In this menu the salad may

add protein or the sandwiches may still be the main source of this food element. If a meat or fish salad is chosen, the sandwiches should be made with vegetables. The vegetable salads need meat, cheese and nut sandwiches to round out the meal. It is a good idea to carry the salad ingredients in separate containers and mix them when ready to serve.

A hot dish should be added to the salad and sandwich menu when the picnic takes the place of a dinner at home. A 'one-piece' dish which combines vegetables and meat or a macaroni or rice combination dish is an excellent choice. Scalloped potatoes with ham, scalloped cauliflower in cheese sauce, combinations of vegetables with meat cooked in casserole, stuffed baked vegetables—the dishes are innumerable that are suitable for such a meal. These food are easily carried in the dish in which they were baked and can be kept hot several hours if wrapped in many thicknesses of newspaper.

Watermelon makes an acceptable dessert and acts as a thirst quencher, too. Ice cream packed in a vacuum freezer at home or commercially packed in 'dry' ice is always popular and wholesome for dessert at a picnic.

To maintain proper balance it is quite as important that a picnic meal contain all the necessary food elements as for any other meal. Fruit and tomatoes are easy to carry and easy to serve. The carrying properties and serving qualities of picnic foods must be considered, too, because usually one plate must answer for all courses. Fruit pies are hard to carry and juicy to serve. Many salads will not permit rough handling, becoming wilted and watery if shaken around.

Here's a list of calculations that may help when the family decides to betake itself to the nearest picnic spot with well-filled basket.

Table of Servings

One large cake ten inches in diameter will serve 16 persons.

One loaf of sandwich bread will make 24 sandwiches which have been cut in half.

Two-thirds cup creamed butter will spread both sides of 24 sandwiches.

One pint of sandwich filling will fill 24 sandwiches.

One quart of salad will serve 8 persons.

One 4-pound chicken will yield about 2 cups of clear diced meat.

One 2½-pound lobster will yield, when boiled, enough meat for one quart of salad combined with other material.

One-half pound coffee and 4 quarts of boiling water will make enough of the beverage for 16 people.

1½ dozen lemons will make enough lemonade to serve 20 to 25 persons, depending largely on the size and juiciness of the fruit.

One quart of a frozen mixture will serve 6 to 8 persons. When ice cream means the main part of the refreshments, a larger serving is needed.

One pound of salted nuts serves 16 persons.

One pound of cold boiled ham or baked ham will serve 6 to 8 persons, and one pound of meat loaf will provide for about the same number.

—C. N. R. Magazine.

**CHILDREN'S RIGHTS CAN
BE CARRIED TOO FAR**

(By Ruth Cameron)

The theory of children's rights is carried to surprising lengths in some quarters these days.

A friend who visited a certain nursery school was amazed to find the children given so little supervision. There was no orderly sequence of events in the day's program—if indeed it could be called a program. Each child was doing pretty much what he pleased, when he pleased, by way of encouraging and developing his individual talents.

Particularly was she dismayed at the untidy appearances of the room, since the children were not required to straighten up or put away materials after they had tired of them.

As for punishment in any form, the mistress of the school explained that it was strictly taboo by the parents.

I went to a college baseball game the other day, where a group of youngsters aged ten, or thereabouts, exercised their childhood prerogatives to the complete exclusion of the rights of everyone else present. They were obviously from homes

of what we call 'the better class,' to judge by their clothes and the money they spent freely for popcorn, peanuts, soda and ice cream.

I wondered if they had spent their infancy in such a school as my friend described.

They raced from one end of the grandstand to the other throughout the game.

They threw peanut shells all over the people sitting in front of them.

They played tag on the benches tramping over coats and pocketbooks ignoring the protests of the owners.

They called out insulting taunts to the players.

They leaned over the rail at the back of the stand and spit on people passing below. In fact, this amusement afforded them the greatest pleasure of all.

The ringleader finally seated himself near a group of college boys and began making impertinent remarks about the girls who were with them.

And it was then that 'children's rights' were violated in a primitive manner by one of the young men.

**BRING A BABY UP TO BE A BEAUTY
AND SHE'LL THANK YOU LATER ON**

Suggestions To Promote Good Health and Good Looks From Early Basinnette Days

(By Victorine Howard)

Don't let children play in the boiling sun too much. That's the first summer health rule for toddlers, according to a noted New York physician.

Sunshine in controlled doses is fine for child or grownup. But like most good things you can get too much of it. A whole list of serious bodily ills, let alone hair burned to a crisp, are the aftermath of too much sun exposure. Let your child do her (or his) romping in the late afternoon, when the sun has lost some of its force, instead of in the noonday sun, when, as Miss Beatrice Little once sang, "only mad dogs and Englishmen" go forth.

Foundations of good health and beauty are laid in the bassinette. Your little girl will make you a pretty (in more ways than one) bow of thanks later in life if you start her right in her early, helpless and most malleable years.

Early Care

Straight hair can't be made to curl by eating carrots nor anything else. Heredity is the carrot as far as curly hair goes. But thick, lustrous, healthy straight hair can be just as beautiful as curls. And care in infancy will give lasting benefits.

For the two-year-old shampoos two or three times a week is the suggestion of a leading pediatrician. A mild soap, such as castile, shaved and melted into a jelly in warm water, is the best cleanser. Any crust on the scalp should be gently rubbed the night before with fresh olive oil or liquid vaseline. In the third and fourth years a weekly shampoo is sufficient, cutting down to every two or three weeks as the child grows older. A daytime shampoo is preferable, followed by quick drying with a soft towel in a few minutes of sunshine.

Olive oil, coconut oil or liquid vaseline, massaged gently into the growing child's scalp will stimulate growth if the hair is thin. A few minutes of scalp massage daily will promote circulation. It should be done firmly enough to feel the scalp move, working fingers in small circles from the base of the neck tip toward the crown and from forehead up to crown. Daily brushing with a fine brush will remove particles of dust. Never use a comb or rub harshly on the scalp of a little baby.

Long eye lashes are a beauty point that can be encouraged in children, according to this authority. Short, stubby, rough, too light lashes and brows can be improved and darkened by a daily application of vaseline and brushing with a soft brush.

Well Shaped Nails

Baby's finger nails should be cleaned every day with an orange wood stick. Trim the tiny nails round and gently push back the cuticle to prevent roughened cuticle and hang nails and for the sake of well-shaped nails in later life.

The toe nails should be trimmed straight across. Strong arches may be encouraged when she reaches

With a laughing "You asked for it, son," he pulled the boy across his knees and administered a sound spanking. It couldn't have been very painful, but it was humiliating, because the performance was loudly applauded by every one who saw it and had been aching to do the same.

The lad, of course, was furious. He screamed and kicked and stuck out his tongue and retaliated in every way known to the outraged dignity of a 10-year-old.

But—he subsided. And for the rest of the game we heard no more from him. It is inevitable that children's rights are going to conflict at times with other people's rights, and they must learn the lesson of adjustment.

If they don't learn it gradually as they grow up, aren't they going to learn it abruptly and painfully when they come into conflict with people who have no special affection for them and have no other reason to try to make life pleasant for them?

And which is the better way, to have parents and schools gradually inoculate them with the knowledge that they must work for their pleasures, that they must adjust and compromise, and that infringements of other people's rights bring punishment, or to be taught the lesson by unsympathetic outsiders?

**BABY'S OWN SOAP**

It's Best for You and Baby too

Another point to watch is not to always lay baby down on the same side, or the pressure on the soft bones of the head will make that side different in shape from the other.

In the same way, by distorting soft bones that are more cartilage, wrong diapering has been responsible for malformed pelvic bones and bow legs. Always keep clothing loose around the infant's waist. And fold diapers in the present-day method of oblong shape, rather than in the oldtime triangle which forced susceptible little legs to curve in a bow out and around the sides of the thick ungainly wad of cotton cloth.

And the Ears

At sixteen she may want to wear her hair off her ears—coiffure styles being as variable as they are. So if baby's ears stand out, slip a cap of soft silk, or old linen, on her head when she goes to sleep to encourage protruding ears to conform to the close-to-the-head ideal of beauty.

Plenty of sleep, and a properly balanced nutritive diet are necessary for the general health that is reflected in lasting beauty of skin and hair. Physical upsets show in lifeless-looking hair and muddy skin. Face and hands should, of course, be kept scrupulously clean with a bland soap and warm water. And the occasional use of a little pure cold cream will soothe wind-chapped, sun-fevered skin without doing it any harm.



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