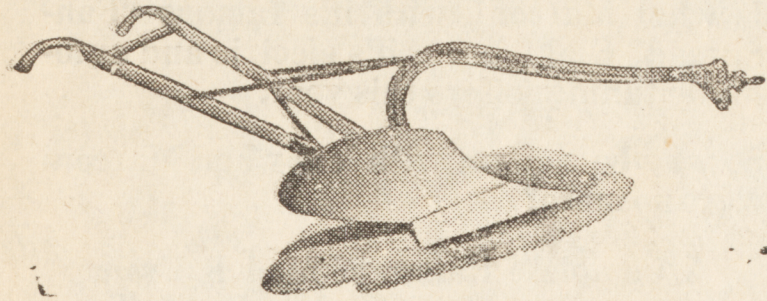


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## CHILD'S HEALTH BEFORE ENTERING SCHOOL

(By Dr. Herman N. Sanderson, Former President, American Public Health Association)

Mother's are naturally worried about their children's health when their boys and girls return to school. They hope that Johnny won't catch a cold from some other child, or that Mary will not get the mumps from one of her schoolmates.

Of course, we can't keep children in 'hot houses.' They have to meet other people and play with other children. As the time comes when every child must go to school, the wise thing to do is to take advantage of what we know and see to it that children are in the best possible physical condition. Healthy children are less likely to lose time from school because of sickness.

Before the child is sent back to school, he should be sent to the doctor for a complete physical examination, if possible. The doctor will carefully check over the child's eyes and ears, his nose and throat, his heart, lungs, the way he stands and sits. He will find out if he is flat footed and needs to wear corrective shoes. If he has a heart ailment, he will outline the exact amount of exercise that the child may take; he will regulate his diet, so as to either help him to gain weight or lose weight, if either is necessary.

He will see to it that the child gets injections to protect him against the many serious children's diseases. For example he will see to it that the child is vaccinated against smallpox, that he is given injections to protect him against diphtheria, whooping

cough, and, perhaps, scarlet fever. The doctor will do what is known as a Schick test to help him know whether the child is protected against diphtheria.

We must remember that school work often puts a strain on the eyesight. If the child is farsighted or nearsighted, or has astigmatism, the extra muscle effort needed to see clearly may make it harder for him to see well and may injure the eye further. Such strain may also be harmful to the nervous system. Therefore it is important that the child's eyesight be tested. If it is bad he should be fitted at once, with the proper glasses.

Poor hearing too may be a big handicap to a child. How well he can hear may usually be measured by finding out how far away he can hear the tick of a watch or a whisper. By means of an instrument known as the audiometer it is possible to test the hearing of large groups of children at the same time.

We must remember that in school a child learns many valuable health habits. He plays with other children and learns to 'take it' as well as 'give it.'

One of the child's most priceless possessions is health. I remember a matter I learned in my childhood. "Well begun is half done." That same thing holds true, to a large measure, about health. Health habits well begun in childhood will go a long way towards saving health when the child grows up.

...OF...

## Interest to Women

### ON KNOWING YOUR APPLES

The Eating and Cooking Varieties and Especially Those That Should Be Used In Baking

(By Edith M. Barber)

If I should ask you to describe an apple, you would probably say that it was a round, hard fruit, sweet and tart at the same time, and generally red or reddish. Of course, there are a few green and yellow apples, but, in general, they flaunt the red flag. In spite of the fact that the description you gave fits most apples, there are innumerable differences among them. There are a few points which the shopper should know if she is to fit the fruit to the pie, for instance. You will have no difficulty in finding apples in the market this year as the crop is breaking all records, both for quantity and quality. Will it mean anything to you if I mention that the estimate is 204 million bushels? This is about twice as many as were produced last year in this country.

Apples are generally classified as eating apples and cooking apples. You cannot judge, however, the suitability by appearance. Some of those which look so tempting that you can hardly wait to see your teeth in them are not so good as they look, at least for eating out of the hand. Generally, however, this type of apple is especially designed for cooking. The Ben Davis which will come to market about December 1st is an example.

The Delicious, on the other hand, which is in the market now, is at its best in raw form. The Golden Grime, the McIntosh, the Spitzenburg, the Greening, Northern Spy, the York Imperial, the Stayman, the Baldwin, the Jonathan, and the Rome Beauty are among the apples which will be generally found on the market now. As it is impossible to describe each of these individually, a good general rule is to choose firm, hard apples with a tart flavor for cooking and those with softer flesh for eating.

Our Eastern apples are famous for their flavor and we now find them graded for quality through the associations of the Appalachian and New England states. While in general they are not so large as the Western apples, they make up for this by the fine flavors which they provide.

Throughout the fall and winter, nothing is more appetizing than a fruit bowl, full of brightly colored apples, which may serve as table decoration and dessert and as evening refreshment. While the old-fashioned saying "An apple a day keeps the doctor away," is a slight exaggeration, we can eat apples with that comfortable feeling that they are both good to eat and good for us.

When it comes to using them in cooking, perhaps baked apples are particularly favored. For this purpose the apples must be very firm. If you draw a line with a knife round the centre, you will find that the apples will keep their shape during baking. It is hardly necessary to mention that apple pie is a favorite and typical dessert. Tart apples and plenty of sugar as well as flaky pastry are necessary. There is always argument in regard to the use of nutmeg or cinnamon with apples. This is, of course, a matter of taste. Some cooks depend upon butter rather than spice for an added touch of flavor. Other popular desserts are brown Betty, apple dumplings, apple tapioca, apple cobbler, and—I almost forgot—apple sauce, which can be used as a breakfast fruit, as well as an accompaniment for meats.

Apple juice makes an excellent basis for jelly which may be glorified with mint flavoring or with a rose geranium leaf if you happen to

have one in your window box. This year, apples may be cheap so that you may even go in for making old-fashioned apple butter than which there is nothing better.

#### Apple Butter

- 1 peck apples
- 4 quarts water
- 2 quarts cider
- 3 pounds sugar
- Cinnamon
- Cloves.

Wash the apples and cut in small pieces. Add the water, boil until the apples are soft, and rub through a sieve. Boil cider down half, add hot apple pulp, sugar and cook until it begins to thicken, stirring constantly. Add the ground spices to taste and cook until thick. Pour into jars and seal with paraffin.

#### Special Apple Sauce

- 12 apples
- 1 cup brown sugar
- 6 cloves
- Dash nutmeg
- Dash ginger
- 1 stick cinnamon

Pare, quarter and core apples. Place in a saucepan, sprinkle with sugar, add spice and just enough water to prevent apples from burning. Cook slowly until tender, remove cinnamon and cloves and beat until smooth.

#### Apple Meringue

- 4 or 5 apples
- 1½ cups sugar
- 1 cup boiling water
- 1 tablespoon grated orange rind
- 2 tablespoons orange juice
- ¼ cup white wine
- 3 egg whites.

Pare, quarter and core apples. Cut each quarter into thirds. Stir one cup of sugar and water together in shallow pan over fire until sugar is dissolved. Add orange rind and juice and boil five minutes. Cook half the apples at a time in the syrup until they are transparent. Arrange in a shallow baking dish and add wine. Beat egg whites until stiff, fold in remaining sugar and bake in a slow oven, 300 degrees F. 15 to 20 minutes until meringue is light brown.

#### Pennsylvania Brown Betty

- 3 cups diced stale bread
- 2 tablespoons butter
- 3 cups sliced apples
- ¾ to 1 cup sugar
- 1 teaspoon cinnamon
- ½ cup water

Mix the bread with melted butter, sprinkle with sugar, put a layer in a greased baking dish, add a layer of apples, sprinkled with sugar, mixed with cinnamon. Repeat until the material is used, having crumbs and sugar on top. Add water and bake in a moderate oven, 375 degrees F., until the crumbs are browned and until the apples are cooked.

#### Apple Pandowdy

- Pastry
- 1 quart sliced tart apples
- ¾ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon salt
- 2 tablespoons butter
- 1 cup molasses
- 2 tablespoons water

Line deep baking dish with pastry. Fill with apples, mixed with sugar, spices and salt. Add two-thirds of the molasses, the butter and water. Cover with pastry and bake in a moderate oven, 350 deg. F., for one hour. Remove from oven and cut pastry with a knife and fork and mix thoroughly with the apples. Add remaining molasses, return to slow oven, 325 deg. F., and cook another hour.

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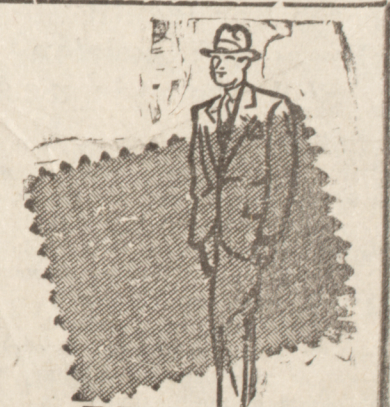
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