

# Hints for Homemakers

by SONDRA REID

## Why Junior Won't Eat Everything

Don't force carrots, spinach, steak — or any one food—on Junior, advises Dr. Miriam E. Lowenberg. Allow him to express his food desires and needs.

"When a child says, 'I don't want it,' he probably has a very good reason," said Dr. Lowenberg.



Sondra Reid

berg. "I think people have honest food dislikes. We are even allowed to have favorite and unfavorable relatives. Why not foods?"

Dr. Lowenberg scoffs at the frequent parents' admonition, "You don't know if you like it until you taste it." "I knew I didn't like it," she said. "I smelled it — or I didn't like the looks of it."

Aroma is a major component of flavor. If a child detects an aroma which is unpleasant to his sensitive nose he honestly doesn't like the food or the idea of tasting it.

### Convention Speaker

Dr. Lowenberg, visiting professor of nutrition and home economics, University of Washington, was a speaker at the California Dietetic Assn. convention in San Diego last week. Her specialty is the study of the nutritional needs and eating habits of children.

She agrees that every child has a right to a nutritionally sound diet. But she disagrees that force is necessary to make a child eat a good assortment of foods.

"We create some food likes and dislikes ourselves," said Dr. Lowenberg. "Certain foods are

endowed with a halo by mothers or nutritionists, oatmeal, for example. I tell mothers cold cereal and milk are good food, if the child doesn't like oatmeal."

### Voice of Experience

Dr. Lowenberg draws many of her ideas on pleasing children's palates from experience in supervising nursery school meals. She boasts, "My children were good eaters!" as fervently as a mother brags of one.

But for one or a thousand, certain techniques work in getting children to eat a health-giving variety, she thinks.

First, certain foods appeal to children's tastes. Meat should be in a form that he can eat, which means mostly ground meat for the pre-schooler.

The mild-flavored vegetables usually are liked by children, but serve the strong ones (onion and cabbage) raw. Cooking accentuates the characteristics of these vegetables which are disliked by children.

### Offer a Variety

Second, give the child variety to make sure his total diet provides adequate nutrition. Dr. Lowenberg has found children may enjoy the whole gamut of cheeses when their appetites for milk falter.

"I'm recommending deep green and yellow vegetables in clinics, too," she said. "We're finding many mothers serve vegetables often enough but not enough of these important ones."

Children are highly sensitive to the way food is presented, thinks Dr. Lowenberg.

They don't like soft mushy textures, so often will eat a vegetable raw which they will not eat cooked. All vegetables should be cooked only until barely tender to appeal to young eaters.

"Sometimes even a different shape makes a child eat a food," she said. "We served baked

## Some Plants for Poor Soil

PLANTS WHICH TOLERATE poor soil conditions are plentiful and there are many which actually resent a rich fare. Many gardeners know this from personal observation. They have had plants whose culture became successively more difficult or even impossible after yearly soil improvement with organic matter and plant food.

Soil is a combination of rock particles of various sizes and humus derived from organic matter. Most native sandy soils, in which silica predominates, contain very little plant food and humus. Micro-organisms, which play an im-

portant part in maintaining soil fertility, are virtually absent, too.

Where quick results are wanted annual flowers are the answer. Some actually like a somewhat better soil but tolerate poor soil which tends to make them bloom somewhat earlier, keeps them lower and favors flower formation over leaf production. In this group we have blue-eyed African daisy (arctotis), sweet alyssum (Lobularia maritima), bachelor's button (Centaurea cyanus), cockscomb (celosia), gloriosa daisy (rudbeckia), farewell-to spring (godetia), annual larkspur (delphinium), marigold, especially the French type, snapdragon (antirrhinum), verbena and zinnia.

(To Be Continued)

### FLOWERS SATISFIED WITH LEAN SOIL



custards in a nursery school one time, and nearly all of them came back to the kitchen.

"The next time the custard was baked in pie pans and cut into wedges. It looked like pie and the children loved it."

Children pay a lot of attention to color in food. They eat some pale-colored foods, but their appetites blossom if the plate is given one or two touches of bright color in vegetables or other foods.

Some mothers are prone to overpower children with too generous servings. Dr. Lowenberg has a rule; about one tablespoon of each food for each year of age—one tablespoon for the 1-year-old, two tablespoons for

the 2-year-old and so on.

"And I always give a child less than I think he is going to eat," said Dr. Lowenberg. "Even with milk — 3/4 ounce if I think he's going to drink an ounce."

Dr. Lowenberg goes along with the free choice theory — letting a child choose what he wants to eat—to a point.

"I think if the food environment is a good one anything a child chose would be good," she said. "But somebody has to structure the food situation."

If a child is eating too frequently, too much of any one food and not enough of other types of food, it is time for mother to step in to find out why.

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