



Miss Leah Haughton, daughter of Mr. and Mrs. Brandon Haughton, of Hawera, Taranaki, is making rapid progress in the musical world. Although only 15 years of age this little lady has just been awarded the Trinity College (London) Diploma, "A.T.C.L." Miss Haughton is now fully qualified to use this diploma, having previously passed with honours in her "Art of Teaching" and "Rudiments," for which examinations she sat last June. For one of such tender years this is certainly a great achievement, and it is doubtful if it has ever been equalled in the Dominion.

YOUR CHILDREN'S FOOD

IS your baby thriving? Are you worried about his health or diet? If these problems connected with your children's welfare are troubling you, doubtless you will profit by the practical advice given in this article.

The dyspeptic man, grey-faced, sat in his easy chair and railed at Fate,

failing to realise that not Fate but bad digestion was at the bottom of all his troubles. He had been born with as good a digestion as any man, but, like many others, he had never had the food Nature intended for him, because from birth he had been overfed on wrong foods.

He would be considered a fool who

expected a motor-car to run on paraffin, yet, almost from birth, the much more delicate human machine is subjected to even more senseless treatment. And once the digestive powers have been upset, once wrong habits of digestion have been formed, it is almost impossible to rectify matters later on

Many reasons are given for putting the baby on the bottle—but undoubtedly 90 per cent. of the women who are able to bear children are able to nurse them. And the quality of mother's milk is rarely to blame, as Dr. Ulysses Moore says in his book, "The Nutrition of Mother and Child": "No experiments have ever been published that breast milk is ever poor in quality."

The Best Food for Baby

WHEN the child is properly fed he is less trouble and anxiety than a bottle-fed child. He is always bright and happy. When breast feeding does not agree it is therefore worth while to ascertain what is wrong in the method of feeding and adopt the right way rather than to put the child on patent food. Mothers should remember that even if the baby has not been on the breast for some time or even if former babies have not been nursed, it is still possible to get the breast to function.

But though every effort should be made to give the baby the only food that really supplies his needs, there are occasionally combinations of circumstances which make this impossible. Then the very best possible substitute must be chosen, and it is absolutely essential to work with your doctor to obtain a food that resembles human milk as closely as possible.

After the age of three months it is a good plan to give both breast-fed and bottle-fed babies orange juice each day.

One other point must be remembered in the feeding of all babies. Milk is a food, *not a drink*. Babies, like everyone else, need *water* to drink. When a healthy baby cries at night a drink of water will pacify him, whereas a feed often gives him colic.

Weaning is a critical period. The child must pass from a fluid diet consisting of milk or a substitute to a mixed solid diet. He must learn to chew and swallow. He must acquire the taste for new things at altered times.

Weaning should begin about nine months, should be accomplished *very*

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