

Springtime Meals in the Nursery

By "A Mother of Three"

With the warmer days, small people's appetites are very often inclined to flag. This happens especially in the first few weeks of spring, when perhaps we have been afraid to let the children entirely leave off their warm underclothing, and when they come in from school, "Oh, so hot, Mother!" although discontinued until cold weather comes again; it is heating and very "filling" and sometimes causes that tiresome nettlerash. One of the crisp ready-cooked cereals which can be taken with either hot or cold milk is better; and my own experience is that children simply love these foods. I emphasise the crispness be-



Claude Ring, Photo

The youngest daughter of Mrs. Selwyn Winterburn, of Christchurch

there is still a nip in the morning and evening air.

"Stew for dinner? Oh, I did hope it would be cold tongue and salad," murmurs a disconsolate voice. But cold tongue and salad, besides being expensive, are not things one can wisely give the children day after day; and yet you and I know exactly how they feel when they smell the stew!

Let us try to think out some spring-time menus for the youngsters which will be light, digestible, and yet nourishing. Take breakfast first of all. Porridge had better be

cause the exercise they give to the teeth is so pronounced a factor in their favour; it is really best, once the packet is opened, to store the contents in an air-tight tin. Bread-and-milk, milk toast, or rusk broken into milk are all good substitutes for porridge and gruel, but no one can pretend that they give the teeth much to do for their living.

Eggs, scrambled, poached, or lightly boiled, may well be given for breakfast two or three times a week. Given daily, I doubt whether they are likely to suit all children. Some

Continued on page 61



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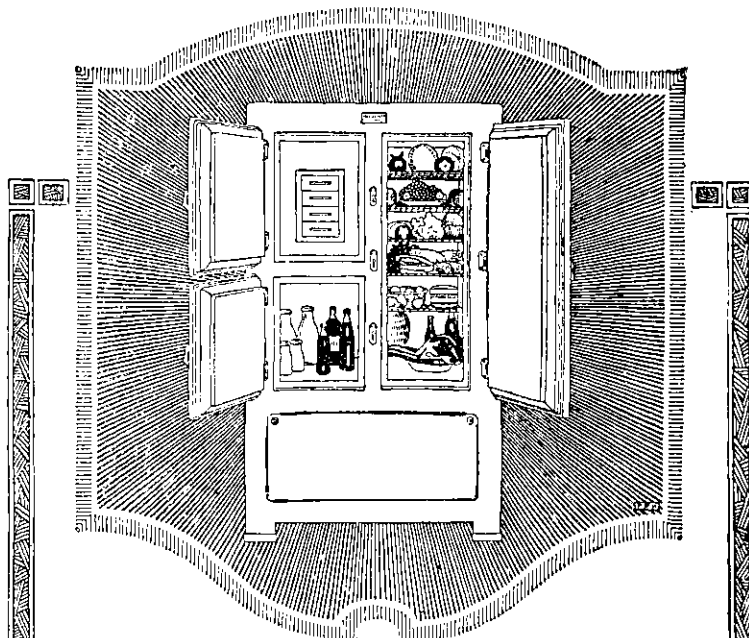
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See Page 72