

Doctor in the Kitchen®

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The most rapid growth in relation to size occurs in preschool children, especially from one to three years of age.

This means they need more of the body-developing foods even though their total food consumption cannot equal that of older children and their parents.

Doesn't this suggest that you'd better see that they get the most important foods in adequate amounts?

You will need to help your preschooler learn to like the foods that offer him the most protein, minerals, and vitamins for their weight and bulk. After all, small stomachs can hold only so much, and we must be sure that less nourishing foods, such as concentrated sweets and cookies, don't crowd out the important body-building foods.

Don't worry about your child eating some food between meals. Some children cannot hold a lot of food at any one time. Studies at nursery schools show us that if snacks are eaten far enough ahead of mealtime, the child's appetite for lunch and dinner will still be good.

We have even found that if a child becomes too hungry or too tired before a meal, he may become so irritable he will fail to eat well when mealtime does come.

The rapid growth of the preschooler does, usually, slow down, often around three years of age. With this, his appetite will also be reduced. If you know this is to be expected, you will not become alarmed

when it happens.

Good snacks for children are milk, fruit, vegetable relishes, juices, cheese, bread-and-butter sandwiches. These foods, as parts of the four food group pattern we talk so much about, will help make sure your young child is getting the nourishment he really needs.

To help the youngsters form good eating habits early, here are some pointers. Serve small portions of foods, using manageable-size glasses for milk and juices. "Finger" foods are fun. Bite sizes of cheese, hard-boiled eggs or tomato, cubes of meat, carrot strips, and small sandwiches will go "down the hatch" easily.

Keep food temperatures moderate, rather than too hot or cold. Keep seasoning modest, too. Others in your family can pep up their food by using their own additional seasoning.

Don't worry if your child indulges in a "food jag"—eating a certain type of food repeatedly. If you don't make an issue of it, he should get back to a more varied diet shortly. Try disliked foods in a new way, or with a food he likes. It may help. And always set a good example by following good food habits yourself.

Occasional Nip

Keep pinching your plants for bushier growth. Both annual and perennials benefit from this occasional nip.

Do not pinch chrysanthemums after July 4 or your plant may not set flowers early enough to mature this season.

Heavenly Honeymoons

Made In Bermuda



The marriage business is booming! In 1967, there were 1.8 million weddings, and this year an even greater number of couples will go marching down the aisle.

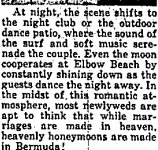
While long white gowns, organ music, and the plain gold band are still traditional favorites, there's a new "now" look when it comes to the honeymoon. In the old days, "honeymoon" meant Niagara Falls, but not anymore. Thanks to air travel today's "just marrieds" are cosmopolitans with the world at their door—and many begin married life on the tale of Bermuda.

Famed for its pink powder-soft beach, turquoise sea, and lush gardens, Bermuda also prides itself on a hotel where "heavenly honeymoons" are the rule—the Elbow Beach Surf Club. Here, newlyweds have the choice of living at the hotel, or if they want to keep the world at arm's length, at surf-side cottages just a few flower-laden steps away.

Everything is designed to make the stay memorable. There's swimming in the ocean or pool, tennis on all-weather courts, golf at Bermuda's championship courses, at fresco

luncheons, bicycle jaunts down winding lanes, and calypso entertainment to fill the day.

At night, the scene shifts to the night club or the outdoor dance patio, where the sound of the surf and soft music serenades the couple. Even the moon cooperates at Elbow Beach by constantly shining down as the guests dance the night away. In the midst of this romantic atmosphere, most newlyweds are apt to think that while marriages are made in heaven, heavenly honeymoons are made in Bermuda!



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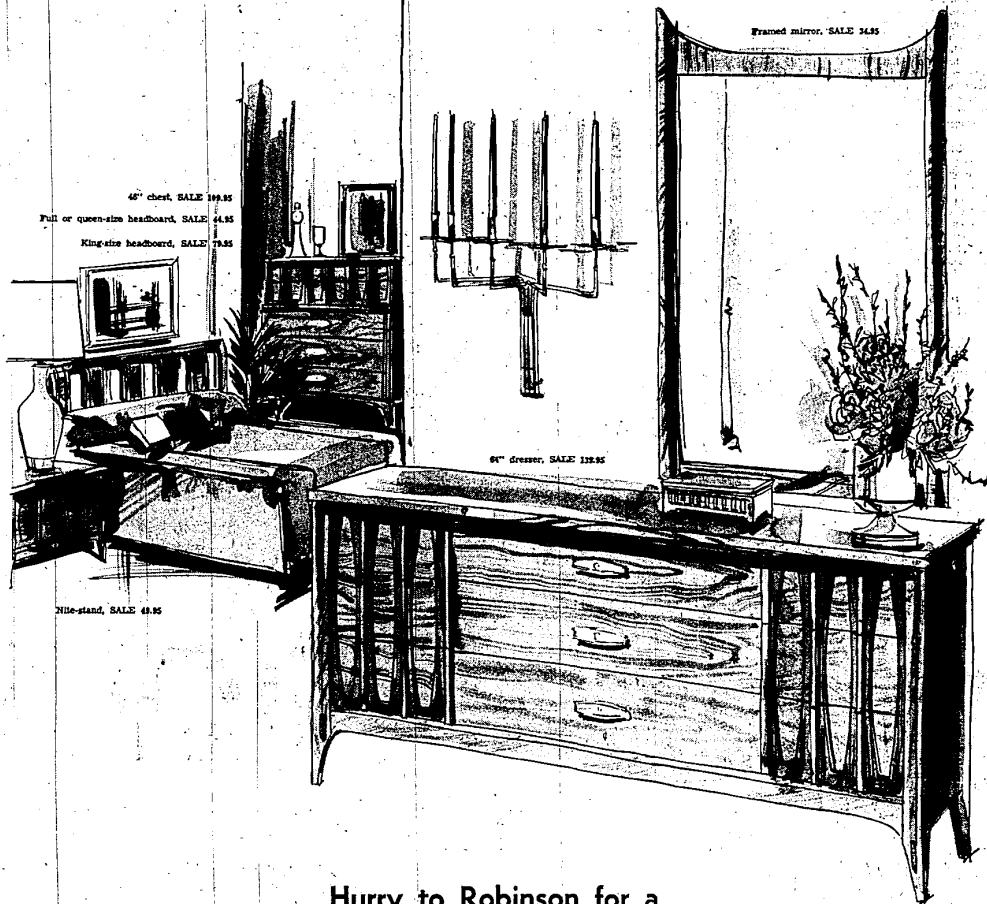
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