

The Giddings News

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DIME BOX H. D. CLUB

Mrs. A. C. Harzke, Reporter.

"Food, care and protection from disease throughout life are very important factors that will determine the development of hereditary characteristics in an individual," was worthy information learned in a meeting of the Dime Box H. D. Club, Feb. 5, in the home of Mrs. Adolph Spacek.

It is every one's patriotic duty to keep physically and mentally fit by including such foods as milk and cheese, meat, fish, poultry, eggs, butter, fruits and vegetables, whole grain breads, cereals and water, in the daily diet. These foods are rich in vitamins which are vitally important to man as well as animal, in the prevention of disorderly growth of bones and teeth.

Good health habits also are vital to growth and development as well as resistance to disease in later life. These habits include sleep, rest, regularity of meals, out-of-door exercise, sunlight and good standing posture.