

# Mothers' Forum Devoted to Babies And Their Welfare

Of all the joys that brighten suffering earth, what joy is welcomed like a new-born child?—Mrs. Norton.

Where did you come from, baby dear? Out of the everywhere into here. —George McDonald.

## Proper Care of Babies in Brief

**For Mother's Information**  
The Journal is inaugurating today a weekly department for the mothers of babies. It is hoped to offer in these columns matter that will interest and instruct mothers in the care of their most precious and treasured possessions. A number of baby specialists, physicians, nurses, dentists and dietitians will contribute directly and indirectly toward making this department one of scientific yet practical value.

EVERY baby has the right to proper care, both before it is born and afterward, yet, how few mothers actually know and observe the A B C of the baby's health, the elements that should be known and observed in the humblest home.

See that the bowels move every day. Never let a day pass without a good movement.

Give the baby plenty of warm boiled water to drink.

Give the baby pure air day and night. Avoid dust, drafts, overheated rooms, crowds and unnecessary contact with colds and other germ diseases. The best that children should have measles, whooping-cough, etc., "early and get done with them" is wrong. The after effects of these diseases often keep children weak for many years.

Bathe the baby daily, and keep it in clean, dry clothing. Let everything that goes into its mouth be absolutely clean. Keep the baby's hands and feet warm, and its bowels warmly protected with wool. Try relieving pain with a hot water bottle and a few swallows of warm water.

No mother would quiet her child with a blow on the head, nor should she soothe a baby with the opium and morphine of soothing syrups. Many babies have been killed by medicine given to stop a fretful cry. Any medicine that promises to quiet a baby or put it to sleep should be shunned like poison. Castor oil and milk of magnesia, intelligently used, are valuable home medicines. Give nothing else without consulting your doctor.

All young infants are extremely nervous, so avoid exciting them, playing with them, or handling them too much. Do not trot, shake or bounce the baby. Do not start the bad habit of walking the floor. Baby's bones are soft for a long time, and even holding the baby habitually, may cause spinal curvature. A little handling and petting reassures the baby, but most of the time your infants should lie quietly in bed till strong enough to sit alone and play.

Feed regularly by the clock, not by impulse. Healthy mothers should endeavor to nurse their babies, because good breast milk is the best and safest food. If artificial food is required, let it be fresh cow's milk properly modified. Love in the sunshine of the baby's mind, and it is the mother's loving talk which guides the little one in its marvelous mental unfolding. Discard, impatience and needless corrections shock and stunt the baby's intellect. Talk to the baby, but don't talk baby-talk. Repeat the same words happily, musically, correctly, day after day and give those words you want it specially to learn a little tune or inflection, for babies learn intonation before they learn syllables. Never hurry the baby mentally. Never set it intellectual tasks. Never perplex it too much with entertainment, too many toys. Keep its mental life serene, but satisfied, and its body healthy. Intelligence and mother-love are equally needed for this double task.

There were born in Portland last year 4829 babies, of whom 2460 were boys and 2369 were girls, boys being in the majority by 51.

The faults of children are often in a large measure due to their physical condition.

**MOTHER LOVE**  
Lord, give the mothers of our state More love to do their part: The love that reaches not alone The children made by birth their own But every childish heart Make in their souls true motherhood Which aims at universal good.

## LOOKING INTO THINGS



## Child Welfare Paramount Interest

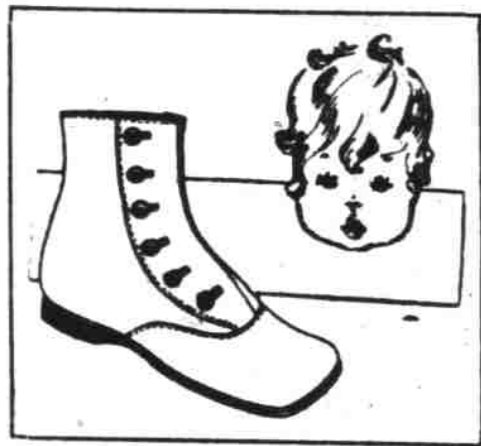
"I CANNOT too strongly express my approval of the Journal's plan to institute a department for mothers and infant welfare," said Mrs. C. W. Hayhurst, president of the Oregon Parent-Teacher association.

"The thing for which there is a real need rarely fails and so I feel that this new department is going to be a success from the beginning, for our mothers need to know many, many things. There is no greater believer in the power of the press than I and when I think of the thousands of mothers that will be reached by the messages in this department I feel that infant welfare work in Oregon is going to take on new life. The mortality rate is shockingly high in Oregon and while our association through its hundreds of branches and our child welfare bureau do what they can, our scope is necessarily limited. The public press will reach hundreds of mothers that we would never reach. I predict also that the department will be widely read by mothers, for there is nothing in the world so interesting and so precious to them as their babies and while many of them do not know how to care for them, they are really actually anxious to learn and so I feel that the department's field of usefulness is almost limitless."

The baby sleeps sounder, longer and better out of doors—try it.

Five babies are born every minute in the United States, but it is not the babies that are born but the babies that live that count; one out of each of the five die during the first year.

A new born baby will sleep most of the time, but as he grows older he will sleep less and less, until when he is about a year old he will usually sleep about two-thirds of the time. Regular-



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## Library Holds Infant Welfare Interest for Mothers

THE care and attention of infants is receiving the marked attention of Central library where books in unlimited quantities are available for prospective mothers, and on the proper care of the baby after its arrival.

Books have been selected upon the recommendations of prominent physicians and it is the aim of the library to never fall short of the demand, but to always have a book upon the shelf for whoever may inquire.

"The Prospective Mother," by J. Morris Simons; "Before the Baby Comes," by Marianna Wheeler; "The Mother and Her Child," by Sadler, are among the books most in demand. There are also government pamphlets on "Prenatal Care," issued by the United States department of labor. Any of the books may be borrowed for two weeks.

Each morning members of the library staff check up on the birth notices and to each mother is mailed a card telling her of the library's interest in her baby and offering to loan good books about babies that have helped other Portland mothers to keep the baby happy and well.

Among the books at the library on the early care of the infant are: "The Baby," by Brown; "Care of the Child," by (Chance); "Healthy Baby," by Dennet; "Care and Feeding of Children," by Holt; "Hygiene for Mother and Child," by McCarthy, and "Mother's Guide," by Tweddell.

Several copies of Abdt's "Care and Feeding of Children" have just been received and are ready for checking out. This book, together with Ramsey's "Care and Feeding of Children," which has not yet arrived, were ordered upon the recommendation of a local physician.

That more mothers read baby books loaned by the library than they do if they purchase the books themselves is the experience met by the library. For the mother who buys a book puts it upon a shelf and there it stays, explains one of the librarians, while if she gets it from the library, knowing it must be returned within two weeks, she reads it. For the older babies, there are books on the care and training of children and on the Montessori methods of education until they reach the school age.

ity in sleeping hours is as important as regularity in feeding.

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## Society Is Formed

HAVING for its purpose the promotion of the health, happiness and general welfare of the babies of Oregon, the Cooperative Infant Welfare society of Oregon was organized Thursday by a group of representatives of several educational, medical and welfare bodies.

The purpose of the organization as laid down in the constitution and by-laws, which were adopted at this meeting, is to promote the distinctive modern form of health service for well infants and to secure between this service and the other lines of infant welfare work an effective, mutually helpful cooperation.

Representatives of the following bodies constitute the society: University of Oregon Medical school, three delegates; University of Oregon extension department, two delegates; Oregon Parent-Teacher association, two delegates; Visiting Nurse association, two delegates; People's Institute, two delegates; Oregon Tuberculosis association, one delegate; Oregon state board of health, one delegate; city board of health, one delegate. Delegates present at the first meeting were: Dr. George Rebec, Mrs. George T. Geringer, Mrs. Robert G. Dieck, Miss Valentine Prichard, Mrs. Sallie Orr Dunbar, A. L. Mills, Mrs. C. W. Hayhurst, Dr. U. C. Moore and Dr. Mackenzie. In addition to the delegate representation, individuals, who by training and interest are eligible, may also become members. A meeting for the election of officers will be held Thursday, February 5.

The immediate object of the society will be a demonstration of intensive work in some one district of the city where infant mortality is greatest. The Visiting Nurse association will finance the services of a public health nurse who will make a survey of the district, visiting both the sick and well babies, making suggestions as to the proper care and feeding of infants and hygienic living conditions and instructing the mothers in these things. Once or twice a week a clinic will be conducted in the neighborhood, the physician to be furnished by the medical school of the University of Oregon, and there diseases and defects will be attended to; this work will be under the direction of Dr. Moore, a child specialist, who spent 18 months in infant welfare work in France and Italy during the war.

The specialists feel sure that this service will lessen the infant mortality very greatly and if their conviction is realized neighborhood infant welfare nurses and clinics will probably become general throughout the city.

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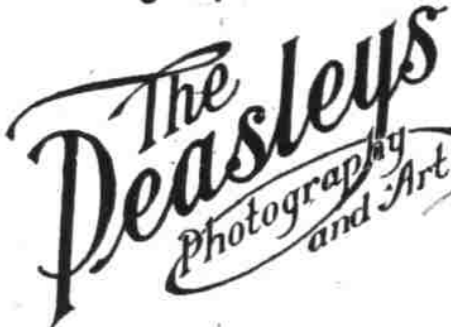
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