

**Baby Speech:**  
The finest language lacking words,  
The world has ever had!  
—Norman Gale.

# Mothers' Forum Devoted to Babies And Their Welfare

Man, a dunce, uncouth,  
Errs in age and youth;  
Babies know the truth.  
—Swinnburne.

three years old, when he needs more room, both indoors and out. Tenements with dark rooms are not fit homes for children. Suburban homes or those in the outskirts of cities or close to public parks give the city children of the average family the best chance for proper growth and development.

## Children's Diseases Often Caused by Bacteria in Milk

People used to think sore throat and scarlet fever were diseases inflicted by Providence to punish mankind; now we know that they often are caused by bacteria in milk. That sore throat bacteria looks like a chain of beads, that every epidemic of scarlet fever and sore throat which has been traced to its source was found to have been caused by germs in the milk, that bacteria are too small to be filtered from milk, and that only bacterial tests by a simple laboratory method can prove the presence of germs, are statements made by Dr. Charles E. North, in his late work, "Farmer's Clean Milk Book." This work shows why some milk contains millions of bacteria, how they get into it and how easy it is to keep them out. It is very clearly and concisely written, and describes the simplicity of the process for testing milk. This book, with many others on the dairy and its products, may be found at the public library.

### Pilgrimage Planned

Canadian women—wives, mothers, sisters—will make a pilgrimage in the spring to the graves of soldiers who lie in Flanders' fields and arrangements are being made in London to provide for their comfort during the break in the journey from Canada to France. The Canadian Red Cross society has taken a two years' lease on a large house in Kensington which will be converted into a woman's hotel.

### Baby Notes

If your baby is only a good baby this year, it can be a better baby next year. How? Through hygienic living and intelligent care.

How you feed the baby is as important as what you feed him.

If babies were well born and well cared for their mortality would be negligible.

## Infant Clothing Should Not Irritate

Warmth, Comfort and Cleanliness Are Far More Important Than Fine Laces.

CLOTHING should never irritate the baby. It should be loose, smooth, soft, clean and dry. The first band, of unhemmed flannel, 6 or 8 inches wide, and 15 inches long, should be only comfortably snug and fastened with stitches or tape, not pinned. All-wool shrinks more and grows harsher than mixtures of silk and wool, linen and wool or cotton and wool. Especially in steam heated apartments babies often thrive better with no wool at all next to the skin, except the band. Extra warmth may be gained by outer garments as necessary.

However, young infants must be kept warm all the time. Feel the body occasionally. If the skin is moist, baby is too warm and too much warmth in time makes the infant weak, languid and susceptible to prickly heat. If hands and feet are cold and the mouth blue, baby needs warmer clothing. Warmth, especially the wearing of wool stockings day and night, may be all that is required to overcome habitual colic.

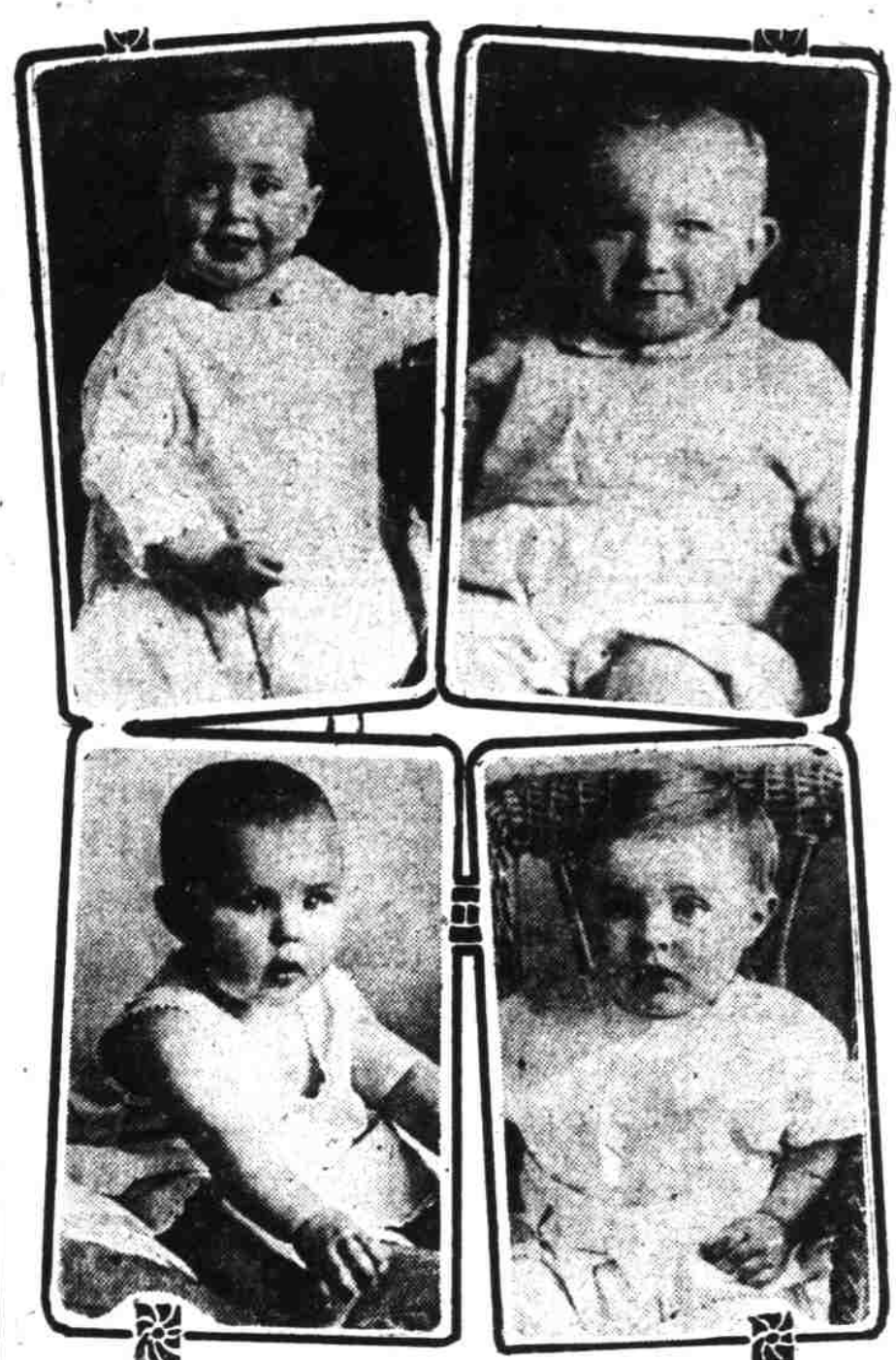
At three months the snug band should be changed to the knitted woolen band with comfortable shoulder straps. This should be worn till the baby is through teething, as the warmth over the bowels helps prevent diarrhoea. On hot summer days dress the baby in the woolen band, the diaper and a thin slip nothing more.

Cleanliness and comfort are more important than fine laces to the baby. Soft white crepe is pretty for slips and petticoats, is easily washed and requires no ironing. No starch should be used in any garment. Starched bonnet strings or stiff lace at neck or wrists irritate the baby and may start eczema. Bonnets tied too tight interfere with circulation, and may cause frost-bitten cheeks or noses.

Improperly washed diapers may cause skin disease. Soiled diapers should be well rinsed immediately, then left in clear water till they can be washed and boiled. Use good soap, rinse in two or three waters without bluing and, if possible, dry in the sun and fold without ironing. Diapers should be changed as soon as wet during daytime, and when baby is nursed at night.

If possible, have a separate room for the baby or little ones to sleep in at night and to play in by day. If possible, choose a sunny, corner room, with plenty of light and air. Babies, like plants, thrive in sunshine.

**A BOVE**—Bruce Elwood Rogers, age one year, son of Mr. and Mrs. W. G. Rogers of Anchorage, Alaska, 99½ per cent; Edward H. Wakefield, age 2 years, son of Mr. and Mrs. H. E. Wakefield, 99½ per cent. Below—Ellen Viola Farlow, age eight months, daughter of Mr. and Mrs. H. Farlow, 100 per cent; Robert G. Beede, age 10 months, son of Mr. and Mrs. G. R. Beede, 99 per cent.



## Mothers' Forum Of The Journal Is Praised

Miss Stearns Says New Effort One of Best Things Paper Has Ever Initiated.

MISS LUTIE E. STEARNS of Milwaukie, who is touring the country in the interests of child welfare, with special reference to the proper nourishment of children and is spending a month in Portland, says of The Journal's new department for mothers and babies:

"The inauguration of the Mothers' forum is one of the best things ever done by The Journal for the protection of the best interests of Portland, and that is saying a good deal too, for I understand The Journal has pioneered in many fine, progressive movements.

"I have been disgusted over the almost lack of interest on the part of the people of Portland in the result of the survey made by Dr. Mack and Superintendent Groat, which showed that 5800 of the 28,000 children in Portland's graded schools are undernourished at the present time. This state of affairs should be the chief concern of every person in Portland. The reasons for it should be carefully investigated. If it is due to poverty, milk lunchrooms should be established in the schools on the same basis that they are now being successfully worked out in Seattle. Along with those should go the education of the mothers of Portland, both rich and poor, in the proper diet of children, and it is in this education that the Mothers' forum should be of great assistance.

"The city of Portland surely does not wish to have a generation of weaklings and women's club and civic organizations should drop for the time being their other interests and take up the matter of the undernourishment of children with heart and soul if Portland is to continue to be the most American city of the country, as one eminent writer has characterized it."

## Leave Cream on Milk Fed to Children

Little Ones Need Fat Soluble; Large Per Cent Have No Milk at All.

"It is a shame, but it is true, that most families pour the cream all off the milk for father and mother for the coffee and give the children the skim milk," said Miss Edna Groves, supervisor of home economics, who was a speaker at a luncheon of the Oregon Dairy council at the Imperial hotel.

Miss Groves stated that the little ones need this growth substance, the fat soluble A of butterfat. She said, too, that it was the home economics teachers who inaugurated the slogan "A Quart of Milk a Day for Each Child." At the business session later the board voted its appreciation of what the teachers of Oregon are doing to further child welfare.

Miss Lutie Stearns spoke of the milk survey made by the council and said that mothers are only too glad to know what food to give their children. "They are eager to hear the message and I hope a state-wide campaign can be put on to tell them how necessary it is to have good pure milk and plenty of it." Miss Vella Winner was an honor guest and was invited to speak. She told how the press is helping and how greatly interested the mothers are in The Journal's new department for mothers and babies of this kind. Professor P. M. Brandt presided. Edith Knight Hill reported returns from the milk survey showing that 37 per cent of the children in the rural districts of Oregon are getting no milk in the diet, and that in Portland a year ago 25 per cent of the children got no milk and last summer 20 per cent were without milk in their diet, the number in many districts has been greatly reduced by scores of families ordering greater amounts as the food value was brought to their attention.

Dr. D. W. Mack announced that the exhibits shown by the council in the library and at expositions had attracted wide interest.

Guests of the council were Miss Winnetta Stearns, Miss Groves, Mrs. P. O. Powell of Monmouth, and Senator C. L. Hawley of McCoy, Or.

## Suburban Homes Are Best for Youngsters

House Should Be Sunny, Well Ventilated and Dry; Apartments Not Favored.

THE house which is to be the home of children should be sunny, well ventilated and dry. The choice is usually limited by the size of the family income, but there is, nevertheless, within this limit some range of selection. Among houses of the same rental, one may be in better repair than another, or the houses on one side of the street may be sunnier than those on the other, or one house may have more space about it than another, or the plumbing, drainage or other conveniences in one may be in a more sanitary condition than in another.

Flats and apartments do not usually afford enough freedom for growing children, although a baby may do very well in such a place until he is two or three years old, when he needs more room, both indoors and out. Tenements with dark rooms are not fit homes for children. Suburban homes or those in the outskirts of cities or close to public parks give the city children of the average family the best chance for proper growth and development.



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