

Hush, be still as any mouse,
There's a baby in the house;
Not a dolly, not a toy,
But a laughing baby boy.

Sunshiny Room Necessity for Little One

SUNSHINE purifies the air and is an
S necessary to children as to plants.
Rooms used for the baby, day or night,
should be the sunniest in the house.
Rooms flooded with sunshine most of
the day are the most healthful to sleep
in at night. Children deprived of sun-
shine grow up like pale, weak cellar
plants. They succumb readily to bad
air diseases—pneumonia, bronchitis, etc.,
and the death rate among children in
poorly ventilated homes is 40 per cent
higher from all diseases than it is
among children who receive the same
care in other respects, but are strength-
ened by plenty of fresh air.

The baby's bedroom should have two
windows, if possible, placed opposite for
perfect ventilation. From birth these
should be open at night, unless the
weather is very cold, windy, or rainy.
Avoid drafts by placing baby's bed in a
corner, by using screens, by lower-
ing windows from the top, or by "ven-
tilators" or glass or canvass at the bot-
tom of the window to throw the cur-
rent of air upward. Till baby is a
month old the room temperature should
be 65 to 70 degrees by day and 60 de-
grees by night, then it may be gradually
lowered at night. If it is necessary to
keep the room heated at night, open
all windows for the rough ventilation
during the day. It is more injurious to
the baby to bathe its lungs in foul air
than to bathe its body in foul water.

From birth to 6 months of age the
baby sleeps 16 to 20 hours out of the
24, and it is quite easy, usually, to see
to it that the air is pure while baby
sleeps. The mother's reward will be
cooler cheeks, better health, better di-
gestion and a sweeter disposition than
baby could otherwise attain.

Baby should begin taking daytime
naps outdoors in summer when 3 weeks
old, though in cold winters 3 months
is a better age to begin. In bad weather
give baby the benefit of being out-
doors by dressing as for an outing, then
opening all the windows of a room and
letting it sleep, protected from wind and
dampness.

Babies accustomed to cold air and
cool baths are hardened against taking
cold, but if a severe cold should develop,
do not chill the lungs by cold outdoor
sleeping till baby is well. Maintain a
comfortable temperature indoors, but
ventilate thoroughly.

A screened porch is a godsend, be-
cause it enables the baby to live out-
doors practically all of the time. If
not available, protect baby from danger-
ous insects by arranging a tent of mos-
quito net over crib or carriage in sum-
mer. Never allow the net to lie on
baby's face. Protect baby against wind
and strong sunlight. Never let it run
the risk of injuring its eyes by staring
straight up at the sky, whether clear
or cloudy.

During summer heat, take baby out
mornings and evenings, but keep indoors
afternoons if it is cooler indoors at that
time.
Night air, contrary to the old belief,
is not injurious, and if there is a sleep-
ing porch for warm weather, so much
the better for the baby.

Baby Show Will Be Held Next Fall at Linn County Fair

A baby show is to be an attractive
feature of the Linn county fair this fall,
according to the announcement made by
Miss Charlotte E. Walker, Linn county
child health nurse. She is just now
touring the county with Miss Jane C.
Allen, state advisory nurse.
Miss Walker is making an effort to
get in touch with the mothers of the
county with a view to a survey of the
babies who will be eligible to entry,
and in her travels over the county is
distributing valuable literature on the
care and feeding of babies.

The Mother
You struggled bravely for my soul
And wept for me such bitter tears,
That through your faith my faith grew whole
And fearless of the coming years.
For in the path of doubt and dread
You would not let me walk alone,
But passed the prayers I left unsaid
And sought the God I did not know.
You gave to me no word of blame,
But wrapped me in your love's belief
And let me burn my sin in flame
And left me worthy of your grief.
—Hester L. Radford.



Happy Little Feet

make happy
little hearts, so
let your chil-
dren wear
Knight Shoe
Co's. Shoes.

We are prepared to meet every need
of the growing child in style, quality,
service and price, which will be ex-
tremely satisfying to parents.

Most complete and exclusive children's
department in the Northwest.

Knight's Shoe Co.
Morrison Near Broadway

Mothers' Forum

Devoted to Babies
And Their Welfare.

WEIGHING the baby, one of the features of the scientific
eugenics tests made every Wednesday at the Parents'
Educational bureau, 551 Courthouse.



For Baby's Benefit

Do not encourage baby to play before
the second year.

The baby tied in high chair or go-cart
all its waking hours will not develop.

During the second and third years
baby will get enough exercise of his own
accord, if unhampered.
Allow him to stand when he wants
to, but do not encourage him to stand
or walk before he shows the inclina-
tion of his own accord.

Do not encourage the child between
2 and 6 to amuse itself with sedentary
games. Provide battledore and shuttle-
cock, hoops, jumping ropes and roller
skates. The silent inactive child is never
a better baby.

As soon as the child is 2 years old
and the milk teeth have come through,
examine it for enlarged tonsils and ad-
enoids. Adenoid indications are evi-
dent mental stupidity, vacuous abstract-
edness and other physical manifesta-
tions such as sore and running nose.



LAUGHING OR CRYING?

DENNOS BABIES

Are usually **HAPPY** because they
are **HEALTHY**. Don't expect your
baby to be happy unless his food
agrees. If you are having feeding
troubles

Try DENNOS FOOD

Sample free. Sold by all druggists.
DENNOS FOOD CO., Portland, Or.

Profession of Motherhood Needs Study

THERE is no profession that needs
closer study than that of moth-
erhood, and to this end some of the best
authorities in the country have written
useful books bearing on the subject of
the mother and her care, infant care and
care of older children. Following is a
list of several excellent ones:

The Mother-Sadler, Drs. W. L. and
L. K., "The Mother and Her Child," A.
C. McClurg & Co., Chicago, Ill., 1917.
\$1.75. Siemens, Dr. J. M., "The Pros-
pective Mother," D. Appleton & Co.,
New York, 1918, \$1.75. West, Mrs. Max,
"Prenatal Care," U. S. children's bureau,
Washington, D. C., 1915, free.
The Baby—Grullee, Dr. C. G., "Infant
Feeding," W. B. Saunders Co., Philadel-
phia, Pa., 1917, \$2.75 (manual for nurses
and doctors). Holt, Dr. L. E., "Care and
Feeding of Children," D. Appleton & Co.,
New York, 1918, 85c. Kerley, Dr. C. G.,
"Short Talks With Young Mothers," G.
P. Putnam's Sons, New York, 1918, \$1.
Ramsey, Dr. W. R., "Care and Feeding
of Infants and Children," J. B. Lippin-
cott Co., Philadelphia, Pa., 1916, \$2 (man-
ual for nurses). Tweedell, Dr. Francis,
"How to Take Care of the Baby," Bobbs-
Merrill Co., Indianapolis, Ind., 1915, 75c.
West, Mrs. Max, "Infant Care," U. S.
children's bureau, Washington, D. C.,
1914, free.

The child—Drummond, Dr. W. B.,
"The Child: His Nature and Nurture,"
E. P. Dutton & Co., New York, 1916, \$1.
Furst, M. L. and Vanderbilt, S. S., "Diet-
ary for Children," National Federation
of Day Nurseries, New York (165 East
Twenty-second street), 1918, 10c. Hunt,
C. L., "Food for Young Children," U. S.
department of agriculture, Washington,
D. C., Farmers' Bulletin 717, 1918, free.
Hunt, C. L., "School Lunches," U. S.
department of agriculture, Washington,
D. C., Farmers' Bulletin 712, 1918, free.
Mendenhall, Dr. D. R., and Daniels A. L.,
"What to Feed the Children," College
of Agriculture, University of Wiscon-
sin, Madison, Wis., free. Terman, Dr.
L. M., "Hygiene of the School Child,"
Houghton, Mifflin Co., Boston, Mass.,
1917, \$1.25. West, Mrs. Max, "Child
Care," U. S. children's bureau, Washing-
ton, D. C., 1918, free.

Let him get his exercise kicking on
the bed with diapers off or creeping on
a washable rug spread on the floor.



Plan For His Future

Drop into the Ladd & Tilton Bank and get a bank
similar to that illustrated. You will find it the
greatest help imaginable to steadily increase the
baby's savings account.

What a help several hundred dollars will be in
procuring a higher education, or even setting
him up in business for himself. It is a duty that
you owe your boy, and must not be neglected.

Start his savings account today

LADD & TILTON BANK

Oldest in
the Northwest

Washington
and Third



"As the Twig Is Bent"

Music for the Baby



Our Player Pianos \$12 a Month

A Phonograph or Player Piano

The incomparable means for edu-
cation, entertainment, enjoyment
for the little ones.

**BEST VALUES
BEST PRICES
BEST TERMS**

A Plaything
and a
Playmate

Phonograph
\$1 a Week



287 WASHINGTON ST.
Between 4th and 5th
Eilers Music Building
The Music Center
Seven Stories for Music, Mu-
sicians and the Modern Dancing

Mothers-to-Be Must Be Well Cared For

BEFORE the baby comes, see that the
mother has early consultation with
a well trained physician, complete phys-
ical examination, including pelvic mea-
surements and frequent examination of
the urine, nourishing diet with plenty of
milk; regulation of excessive gain in
weight by frequent weighing and by cur-
tailing starch and sugar in the diet,
abundance of fluids, especially water,
regulation of constipation by food if
possible, daily bath to increase elimina-
tion by the skin, attention to teeth and
necessary dentistry, sufficient rest and
sleep, work and exercise moderated to
prevent fatigue, proper clothing and the
possibility of recreation, outdoor airing

Newlyweds are not wise to argue
as to who shall rule the household.
All such matters are settled automa-
tically with the arrival of the first
born.

daily or at least free ventilation of the
bedroom.

The skilled assistance necessary to
make confinement safe demands a spe-
cial training, and is indeed a special
branch of surgery. The best surgeon
is none too good whether one is suffer-
ing from appendicitis or a broken leg. A
trained veterinarian is always called in
for valuable farm stock. Do not the life
and future health of a wife and child
warrant the best medical and nursing
skill available?

A woman must rest in bed at least
two weeks, and should not resume any
household duties for at least one month
after confinement. She needs this period
of rest to heal and recuperate, to pre-
vent hemorrhage, to produce milk for
her baby. The energy of the mother's
food must not be used up in hard man-
ual labor instead of going into breast
milk for the baby. Hard work inside
or outside the house will take the flesh
off the baby.

Pregnancy is not a disease—it is only
health under a strain. Every woman
should learn how to ease the strain.

You Will Like Our Shop

It is truly a



Portland's only exclusive
Baby Shop—the only one of
its kind in all the Northwest

—Everything for tiny babies to girls of 4 years—
designed, stamped and cut ready for you to finish
—or already made.

Buy now for the Spring and
Summer Baby

Let us help plan Baby's first outfit

Our Special
78-Piece Complete Layette

\$38.75

388 Morrison—Below Tenth

Woodard, Clarke & Co.
Woodlark Bldg. Alder at West Park
offer

Special for Tuesday DOUBLE STAMPS

with every purchase of

Kleinert's 'Jiffy' Baby Pants

65c Pair

Can be slipped on or off in a jiffy. Made of very
soft, pliable rubber—reinforced. Gathered at
knee and waist on rubber band to insure correct
fit and complete protection.

First Floor



Baby Carriages

An Immense
Assortment

—\$27.50 to \$115

Beautiful carriages of beautiful finish, selected for easy riding
and easy rolling features are available on easy terms. The
most comfortable for Baby to ride in—the easiest for Mother
to handle.

See New Models and Finishes

Sturgis' Collapsible
GO-CARTS

in
Oriole

GO-BASKETS

At Powers

The largest and best graded stock of Baby Furni-
ture in Portland awaits your selection at Powers'



A MILK DIET — and all E's on the report card

Good grades in
school come easily
and naturally to the
well nourished child.

Ask any teacher and she will
tell you how often the poor little
tots from homes where no atten-
tion is paid to food values—and
particularly where there is no
milk—are dull and backward in
their studies. If in the first few
years of his life the child is un-
dernourished, if his little body
becomes underweight and poor-
ly developed, the same condition
is bound to apply to his mental-
ity. And the tragedy is that he
seldom regains this loss in after
life.

The Portland Grade Teachers'
Association, knowing that noth-
ing can take the place of milk in
the diet of the growing child,
maintains a "Milk Fund" in or-
der to supply those children
whose lack of milk is retarding
their mental and physical growth.

Give your child the start in life
to which he is entitled—a healthy
body and a normal brain. There
is nothing in the world so essen-
tial to this condition as plenty of
good rich milk. Let him have
all he can drink.

